

Spaghetti Rampa Aglio e Olio

Prep Time: 5 min

Cook Time: 15 min

Servings: 2



Ramps are also known as wild leeks/wild onions and are beautiful spring greens that are harvested wildy (foraged). They are a member of the allium family, which includes garlic and onions. Not surprisingly ramps have an undeniably garlicky flavor. Spaghetti Rampa Aglio e Olio combines pasta, ramps, garlic and olive oil in this easy to prepare, flavorful recipe.

Ingredients

- 6-8 ramps (about 2 chops chopped)
- 2 cloves garlic, chopped
- 2 - 3 Tbsp olive oil
- 4 ounces (uncooked) whole grain spaghetti
- salt & pepper, to taste
- (optional) Parmesan cheese or nutritional yeast to top

Steps

1. Cook spaghetti following boxed directions until al dente. Drain pasta and run under cool water, set aside.
2. Wash ramps, shake water from leaves and slice thinly (1/4"). Peel and chop 2 cloves of garlic.
3. Heat olive oil in skillet on medium high heat, add garlic and let soften and begin to brown. Takes a minute or so. Add ramps, sauté. Ramps cook quickly after they begin to wilt add pasta, season with salt and pepper. Toss well to combine. Allow a couple of minutes to heat through before serving.
4. For added flavor top with Parmesan cheese or nutritional yeast.

Always harvest sustainably. Vermont Fish and Wildlife Botanist Bob Popp says “leave the bulb in the ground and harvest only the leaves.” It is important not to over harvest in one spot.