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The Highest Protein Vegetarian Pasta Dish

Ingredients:

Edamame pasta, 1 lb.
Ricotta cheese, 2 cups
Parmesan cheese, freshly grated, 1 cup
Olive oil, 2 tbsp
Juice and zest of one lemon
Coarse salt, 1/2 tsp
Black pepper, 1/2 tsp
Basil leaves, 1/2 cup sliced and loosely packed

Directions:

1. Set a pot of water to boil. When it boils, add a few teaspoons of salt and the pasta.
2. In a metal bowl wide enough to fit over the top of the pot, mix together the ricotta, Parmesan, olive oil, juice and zest of lemon, salt, and black pepper. When there are about 2 minutes remaining in the pasta's cooking time, place the bowl over the pot and slowly stir the ricotta and other ingredients. You should see it loosening as it warms.
4. When the pasta is al dente, drain it, add the basil to the bowl of sauce, and toss it with the drained pasta. Serve immediately. mixture and using an electric mixer on medium speed, beat until well blended.