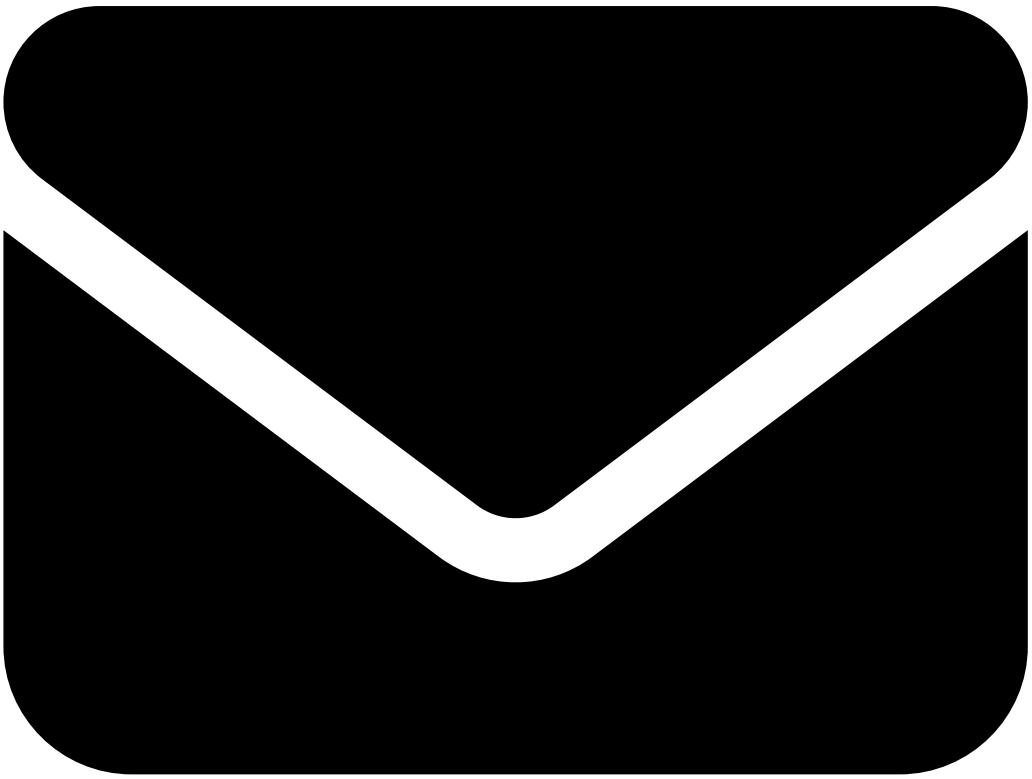
Lemon ricotta pasta and peas

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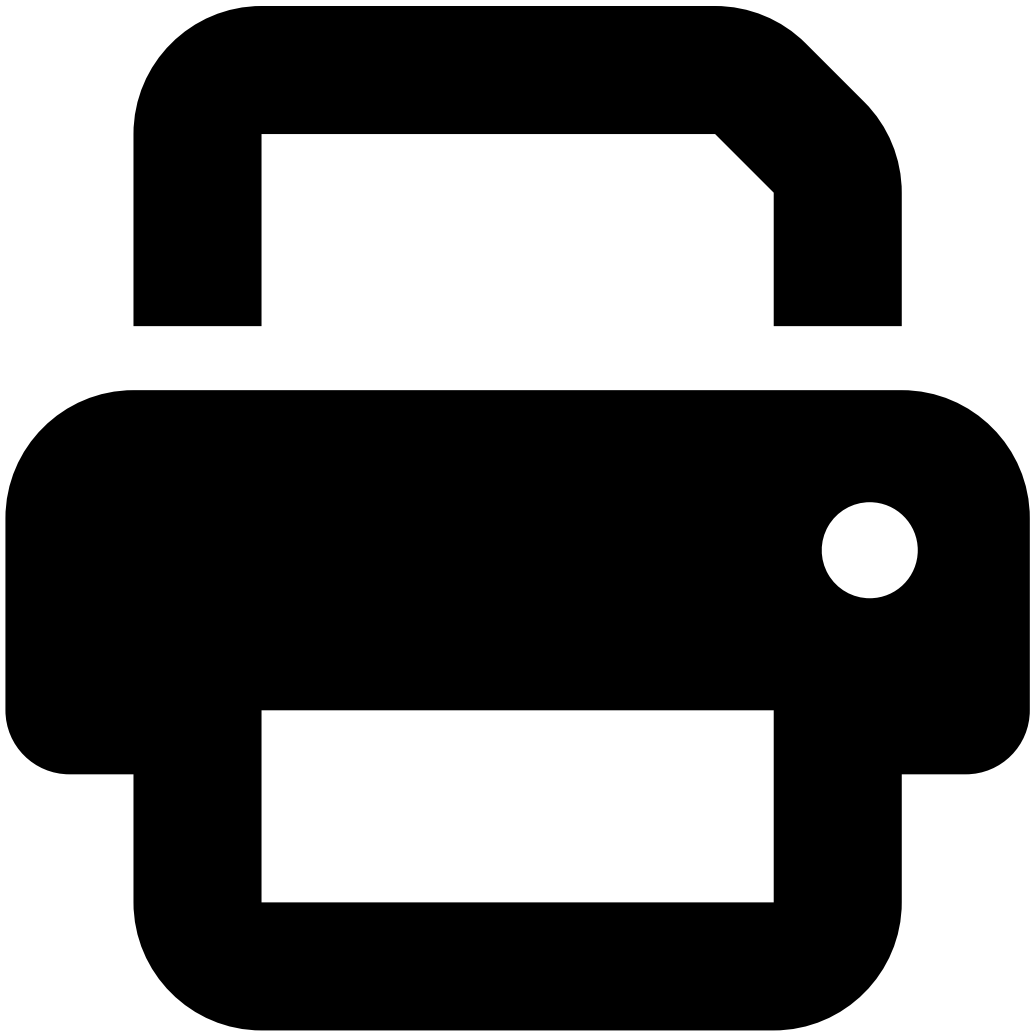
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SMS



Lemon Ricotta Pasta with Peas is a fresh, creamy twist on the simple *pasta e piselli* I grew up eating. My mother often made this humble Italian dish with ditalini or broken spaghetti, sweet peas, and a light broth. It was a staple in our kitchen, especially in the spring when fresh peas were in season and dinner needed to come together quickly.

I’ve kept the simplicity and comfort of my mother’s recipe but added creamy ricotta and fresh lemon for a little extra richness and brightness. The result is a light yet satisfying pasta that feels both nostalgic and fresh. It’s the kind of easy Italian meal that’s perfect for a busy weeknight when you want something comforting without spending hours in the kitchen.

Things to know about this Lemon ricotta pasta and peas

- **Quick and Easy**: This dish comes together in under 30 minutes, making it perfect for busy weeknights.
- **Use Fresh or Frozen Peas**: Either works beautifully—frozen peas are a great pantry staple and stay sweet and tender.
- **Pasta Matters**: Short shapes like fusilli, orecchiette, or shells work best because they hold onto the creamy sauce.
- **Reserve That Pasta Water**: A splash of hot starchy pasta water helps melt the ricotta into a silky, cohesive sauce.
- **Lemon Brightens Everything**: Use fresh lemon juice and zest—it cuts through the richness of the ricotta and adds a fresh finish.
- **Make It Your Own**: Add fresh herbs like basil or mint, a sprinkle of grated Parmesan, or even a few chili flakes for a touch of heat.
- If you like easy warm weather pasta dishes try my vegetarian zucchini and tomato pasta or my creamy lemon parmesan zucchini orzo
- To sum it up this lemon ricotta pasta and peas is the perfect combination of easy and delicious. The addition of the ricotta elevates the entire dish. Sometimes , it’s just one ingredient that transforms a simple recipe into something memorable. I hope you try it and taste the difference ricotta makes-let me know what you think in the comments.

Lemon ricotta pasta and peas



Lemon Ricotta Pasta and Peas is a creamy, bright take on classic Italian *pasta e piselli*. Tender peas, creamy ricotta, and fresh lemon come together with pasta for a simple, comforting meal that’s ready in about 30 minutes.

- 1/2 lb. small shaped pasta
- 4 cups fresh or frozen peas
- 2 cups ricotta cheese
- 2 Tbsp. olive oil
- 1 cup finely chopped onion
- 1 Tbsp. minced garlic
- juice and zest from 1 lemon
- 2 cups pasta water
- 1/2 cup grated parmesan cheese
- 2 tbsp. chopped Italian parsley
- freshly ground black pepper
- salt to taste

1. In a pot of boiling salted water cook your pasta el dente reserving at least 2 cups before draining
2. While the pasta is cooking, in a large saute pan over medium heat add the olive oil, then add in the onion and garlic and cook until soft and fragrant , but not brown.
3. Add the peas and cook 4-5 minutes until the peas are cooked but not mushy. Then add in the pasta water and the ricotta. Simmer until sauce thickens (3-5 minutes).
4. Add the parmesan cheese , and freshy ground black

pepper, salt according to taste,

5. Plate top with more parmesan and the freshly chopped Italian parsley.

Main Course
Italian
lemon ricotta pasta, pasta and peas