

Lemon ricotta pasta and peas

Lemon ricotta pasta and peas

Lemon Ricotta Pasta with Peas is one of my absolute favorites. This recipe is a fresh, creamy twist on the classic Italian *pasta e piselli*, I grew up with. It's a bright, creamy spin on the comforting *pasta e piselli* my mother made often when I was growing up. She would cook ditalini or broken spaghetti with sweet peas in a simple broth, That humble dish of pasta and peas was a staple in our kitchen, especially in spring when sweet peas were in season and time was short. This version keeps the simplicity I love but adds a touch of brightness with fresh lemon and a generous spoonful of ricotta cheese. It's light, comforting, and always hits the spot—perfect for busy nights when I want something quick and easy and a little indulgent.

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. ENJOY!!!

Ingredients

- 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

Instructions

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. ENJOY!!!