

# Creamy Milkweed Pod Pasta



Who would have thought that milkweed pods could be the basis of such a delicious pasta? The milkweed pods are slightly sweet, with a wonderful texture and are complemented in this recipe with fresh peas and a creamy sauce.

Serves 4

Prep time: 10 minutes

Cook time: 15 minutes

## Ingredients

2 tablespoons olive oil

2 cups milkweed pods, cut in 1-inch chunks

300 g. farfalle pasta

½ cup fresh or frozen peas

2 tablespoons olive oil

1 small red onion, diced

2 cloves garlic, coarsely chopped

1 tablespoon cornstarch

2 tablespoons warm water

¾ cups cream

¼ cup cream cheese

parmesan and parsley to garnish, as desired



## Directions

In a medium skillet, heat oil over medium heat. Add milkweed pods and sauté for about 5 minutes, until they turn bright green. Set aside.

In a large pot, boil salted water for pasta. Cook according to instructions, and 2 minutes before the pasta is cooked, add the peas.

Meanwhile, in a large skillet, heat rest of olive oil over medium heat. Sauté onions and garlic until the onions are transparent. In a small bowl, combine cornstarch and warm water. Add cornstarch mixture to skillet. Then add cream. Stir until it begins to thicken. Add cream cheese and remove from heat.

Drain pasta and peas and return to pot. Add cheese and milkweed pod mixture. Stir to combine.

Garnish and serve hot.