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Prevent and Protect
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MUSTARD GREENS, SHRIMP, AND ANCHOVY PASTA WHOLELIVING.COM - JULY/AUGUST 2011 Serves 4

Coarse Salt

- ½ lb short, whole-wheat pasta, such as lumache
- ½ lb medium tail-on shrimp, cleaned
- 1 bunch mustard greens (8 oz), stems removed, leaves torn into 3-inch pieces
- 2 anchovies, chopped zest and juice of 1 lemon
- 1/4 cup extra-virgin olive oil Pinch red chili flakes
- Bring a large pot of well-salted water to a boil. Cook pasta according to package directions.
- When the pasta has just 30 seconds remaining, stir in shrimp and mustard greens. Cook until shrimp are opaque and greens are vibrant. Drain, reserving 1 cup pasta water, and return everything to pot.
- Stir in anchovies, lemon zest and juice, and oil. Slowly add pasta water to desired consistency.
- Season with salt and red chili flakes.