Bring water to a boil with 2 tsp of salt in a large pot. Add fusilli and cook until al dente. Warm 1 tbsp of olive oil in a large pan over high heat. Add the zucchini, scallions, pine nuts, lemon peel, red pepper flakes, and ½ tsp salt. Cook and toss until zucchini is browned and tender, about 5 minutes. Remove zucchini and lemon peel from the pan. Mince ½ tsp of the peel and discard the remainder. Squeeze half the lemon over the zucchini. Turn heat to medium-high and swirl in remaining olive oil. Add chicken, minced lemon peel and remaining salt. Cook by stirring until golden brown, about 7 minutes. Drain fusilli, reserve ¼ cup of the cooking water. Add fusilli, zucchini and reserved water to skillet. Cook 1-2 minutes. Transfer to a bowl and top with basil and parmesan if desired.

LEMON FUSILLI WITH CHICKEN

3 tsp salt
8 oz whole wheat fusilli
2 tbsp olive oil
2 zucchini, halved lengthwise, sliced into pieces
½ tsp salt
1 lemon, rind peeled into strips
1 pinch red pepper flakes
12 oz boneless, skinless chicken breast cut into bite-sized pieces
5 scallions, chopped
¾ cup pine nuts
1 lemon fusilli with chicken savory orange-roasted
tofu + asparagus

1 14oz package extra-firm water-packed tofu, rinsed
2 tbsp red miso, divided
2 tbsp balsamic vinegar, divided
4 tsp extra-virgin olive oil, divided

Preheat the oven to 450 degrees. Coat a large baking sheet with cooking spray. Pat tofu dry after rinsing and cut into ½ inch pieces. Whisk 1 tbsp miso, 1 tbsp vinegar and 2 tsp oil in a bowl until smooth. Add the tofu and toss to coat. Spread the tofu on the sheet evenly. Roast for 15 minutes. Gently toss the asparagus with the tofu. Return to the oven and roast until the tofu is golden brown and the asparagus are tender, 8-10 minutes. Whisk the remaining 1 tbsp miso, 1 tbsp vinegar, 2 tsp oil, basil, orange zest, juice and salt together until smooth. Toss the roasted tofu and asparagus with the sauce and serve. Optional: Can be served over brown rice.

1 lb asparagus, trimmed and cut into 1-inch pieces
3 tbsp fresh basil, chopped
1 tsp freshly grated orange zest
¼ cup orange juice
¼ tsp salt

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