CREAMY PASTA WITH CARROTS AND PEAS

Yield:2 to 4 servings

- Fine sea salt
- 8 ounces short pasta (penne, fusilli or elbow macaroni)
- 2 medium carrots, diced into ¼-inch pieces
- 1 tablespoon olive oil
- 1 cup frozen peas
- 2 garlic cloves, minced or crushed in a press
- ½ teaspoon ground turmeric
- ¼ teaspoon ground white or black pepper
- ½ cup heavy cream
- ¾ cup chopped cooked turkey, ham or shredded cooked chicken (optional)
- Grated Parmesan (optional), for serving

PREPARATION

1. **Step 1**
   Bring a large pot of salted water to a boil over high heat. Stir in the pasta and cook until just al dente, adding the carrots to the pot during the last 4 minutes of cooking so they finish at the same time. Reserve ½ cup pasta cooking water, then drain the pasta and carrots and set aside.
2. **Step 2**
   In the same pot, heat the olive oil over medium-low. Add the peas, garlic, turmeric, ground pepper and ½ teaspoon salt. Cook until fragrant, about 1 minute. Add the cream and simmer for 3 minutes, until the peas are tender. If using turkey, ham or chicken, stir it in now.
3. **Step 3**
   Add the pasta mixture to the sauce along with ¼ cup of the reserved pasta cooking water, and toss to coat. Continue to toss until the pasta and the carrots are cooked, adding more cooking water as needed to achieve a glossy sauce that clings to the pasta, about 2 minutes.
4. **Step 4**
   Serve warm, topped with Parmesan if desired.