

Food



CREAMY ASPARAGUS PASTA
Lemon zest ties all the flavors together in this light and creamy pasta. Make it a meal: Serve with a salad of sliced fresh mozzarella and cherry tomatoes tossed with a little fresh basil, balsamic vinegar and olive oil.
Servings: 4 servings, 1 1/2 cups each
Total Time: 35 minutes
Ease of Preparation: Easy
Health: High Fiber, Low Sat Fat, Low Cholesterol, High Calcium, Heart Healthy, Diabetes Appropriate

Ingredients:

- 8 ounces whole-wheat penne pasta
- 1 bunch asparagus, trimmed and cut into 3/4-inch pieces
- 1 1/2 cups whole milk
- 4 teaspoons whole-grain mustard
- 4 teaspoons flour
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 teaspoons extra-virgin olive oil
- 3 tablespoons minced garlic
- 2 teaspoons minced fresh tarragon or 1/2 teaspoon dried
- 1 teaspoon freshly grated lemon zest

• 2 teaspoons lemon juice
• 1/2 cup grated Parmesan cheese, divided

Steps:

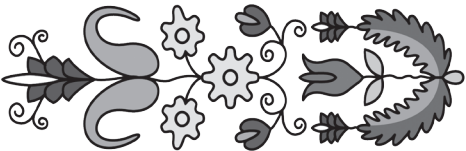
1: Bring a large pot of water to a boil. Add pasta and cook for 3 minutes less than the package directions. Add asparagus and continue cooking until the pasta and asparagus are just tender, 3 minutes more. Drain and return to the pot.

2: Meanwhile, whisk milk, mustard, flour, salt and pepper in a medium bowl. Heat oil in a medium saucepan over medium-high heat. Add garlic and cook, stirring, until fragrant and lightly browned, 30 seconds to 1 minute. Whisk in the milk mixture. Bring to

a simmer, stirring constantly, and cook until thickened, 1 to 2 minutes. Stir in tarragon, lemon zest and juice.

3: Stir the sauce into the pasta-asparagus mixture. Cook over medium-high heat, stirring, until the sauce is thick, creamy and coats the pasta, 1 to 2 minutes. Stir in 1/4 cup Parmesan. Divide the pasta among 4 bowls and top with the remaining 1/4 cup Parmesan.

Nutrition:
(Per serving)
Calories - 359
Carbohydrates - 55
Fat - 10
Saturated Fat - 4
Monounsaturated Fat - 4
Protein - 18
Cholesterol - 18
Dietary Fiber - 7
Potassium - 467
Sodium - 602
Nutrition Bonus - Folate (38 daily value), Calcium (30 dv), Vitamin C & Zinc (20 dv).
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