

Pasta with Asparagus and Pine Nuts



Ingredients

8 oz uncooked whole wheat pasta
1 lb asparagus, trimmed and cut into
1/1/2 inch pieces
1 tsp minced garlic
2 Tbsp fresh lemon juice
2 tsp olive oil
1/4 tsp freshly ground black pepper

Instructions

Instructions: Preheat oven to 400 degrees. Cook pasta according to package. Add asparagus to pasta during the last 3 minutes of cooking. Drain. Sprinkle pasta mixture with garlic, return to pan, add tomatoes and toss well. Arrange pine nuts in a single layer on a baking pan. Bake at 400 for 3 minutes or until golden and fragrant. Place in a small bowl. Combine lemon juice, olive oil and pepper and whisk. Drizzle over pasta mixture toss well to coat. Sprinkle with pine nuts.

Nutrition Information Per Serving

Serving Size: 2 cups
Serves 4
Calories: 290
Fat: 8 gm
Fiber: 8 gm
Carbohydrates: 47 gm
Protein: 13 gm