



Pasta with Asparagus and Lemon Cream Sauce

Servings

6 servings

Ingredients

- 1 teaspoon olive oil
- 1 pound asparagus, trimmed and cut into 1 inch pieces
- 2 bunches scallions, trimmed and cut into 1 inch pieces
- $\frac{3}{4}$ cup part-skim ricotta cheese
- 2 teaspoons freshly grated lemon zest
- 12 ounces pasta – penne or ziti
- Salt and pepper to taste
- $\frac{1}{4}$ cup slivered fresh basil

Directions

1. Put a large pot of lightly salted water on to boil.
2. Heat oil in large skillet over medium heat. Add asparagus and scallions and cook stirring occasionally, until the vegetables are tender and browned in places, 10-12 minutes.
3. Mix ricotta and lemon zest together in a large bowl.
4. Cook pasta until tender, about 10 minutes. Reserve $\frac{1}{4}$ cup pasta water; add to ricotta and lemon zest, stirring until creamy.
5. Drain pasta and mix into the ricotta mixture; toss to coat.
6. Add vegetables and toss well.
7. Season with salt and pepper, garnish with basil.

Nutrient content per serving

- Calories- 285
- Carbs- 49g
- Protein- 13g
- Fat- 4g
- Sodium- 94mg
- Fiber- 4g

Recipe from The Essential Eating Well Cookbook

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