

Creamy Asparagus Pasta, c/o Katerina, Diethood - 8 Servings

Creamy Asparagus Pasta Recipe - A creamy, yet healthy veggie loaded protein-packed pasta with asparagus and peas, all tossed in a lightened-up cream sauce!

Ingredients

- water for boiling pasta
- 1 box (14.5 oz.) **Barilla® ProteinPLUS® Farfalle Pasta**
- 1 pound asparagus , cut into two-inch pieces, ends trimmed and discarded
- 1 cup green peas (frozen or fresh)
- 1 tablespoon extra virgin olive oil
- 1 small red onion , finely diced
- 4 garlic cloves , minced
- 1 tablespoon all-purpose whole wheat white flour
- 1/4 cup low sodium chicken broth
- 1 cup skim milk
- 2 ounces room temperature cream cheese
- 3 tablespoons grated parmesan cheese
- salt and fresh ground pepper , to taste
- Fresh chopped parsley, for garnish

Instructions

- Bring a large pot of water to a boil.
- Add pasta to boiling water and cook for 7 minutes
- Add prepared vegetables to the pot and continue to cook for 3 more minutes, or until al dente.
- In the meantime prepare the sauce.
- Heat olive oil in a large skillet over medium heat.
- Add onions and garlic and cook for 3 minutes, or until tender.
- In a small mixing bowl combine flour and chicken broth; whisk until thoroughly incorporated.
- Add broth mixture to the onion mixture in the pan.
- Whisk in milk; continue to whisk constantly and bring to a boil.
- Reduce heat and cook for 1 more minute, or until thickened.
- Stir in the cream cheese; stir until melted.
- Stir in the grated parmesan cheese and remove from heat.
- Season with salt and pepper.
- Add pasta and vegetables to the sauce; stir until completely combined.

WW SMART POINTS: 7

Nutrition Facts

Creamy Asparagus Pasta
Amount Per Serving

Calories 264.5

Calories from Fat 60

% Daily Value*

Fat 6.7g 10%

Saturated Fat 2g 10%

Cholesterol 9.9mg 3%

Sodium 109.3mg 5%

Carbohydrates 42.6g 14%

Fiber 6.1g 24%

Sugar 4.6g 5%

Protein 13.7g 27%