

LEMONY PASTA WITH ASPARAGUS AND PINE NUTS

This recipe works well as an anchor for the meal or as a side dish. Addition of a protein such as chicken or tuna turns the dish into a starring attraction. Shared by Wendy Swanson.

PREP: 25-30 minutes

SERVINGS: 4-6

INGREDIENTS:

1 lb. fresh asparagus
8 oz. penne or curly pasta
2 Tbsp. olive oil
4 tsp. grated lemon zest (or grated fresh lemon)*
½ C. fresh lemon juice*
salt and freshly ground black pepper to taste
1 C. coarsely chopped roasted red peppers
6 Tbsp. toasted pine nuts
6 to 8 Tbsp. shaved fresh Parmesan cheese

DIRECTIONS:

Trim asparagus and steam until tender-crisp, 3-4 minutes. Cut into one-inch lengths.

Cook pasta, drain and place in a warmed, large serving bowl. Toss with oil.

Add asparagus, lemon zest, lemon juice, salt, pepper, roasted peppers and pine nuts. Gently toss to mix. Add cheese and toss. Taste and, if needed, adjust seasonings to taste.

Serve immediately.

*Or you can use a fresh lemon, zested and juiced.

