

# Pasta with Asparagus and Lemon

## Ingredients

- 1 (16 ounce) package penne or rotini pasta
- 1 pound fresh asparagus, trimmed and cut into 2-inch pieces
- ¼ cup lemon juice
- ½ cup olive oil
- salt and pepper to taste
- garlic powder to taste (optional)
- 1 cup grated Parmesan cheese (optional)



## Directions

1. Cook pasta separately, allow to cool
2. Heat olive oil in pan
3. Add asparagus to pan and cook until just tender.
4. Add pasta and pour lemon juice over pasta and asparagus.
5. Season with salt, pepper, and garlic powder to taste.
6. Top with parmesan, if preferred, and serve.

<b>Nutrition Facts</b>	
Servings Per Recipe 8	
Calories 378	
	% Daily Value *
<b>Total Fat</b> 18g	23%
<b>Saturated Fat</b> 4g	20%
<b>Cholesterol</b> 9mg	3%
<b>Sodium</b> 158mg	7%
<b>Total Carbohydrate</b> 45g	16%
<b>Dietary Fiber</b> 4g	14%
<b>Total Sugars</b> 3g	
<b>Protein</b> 13g	25%
<b>Vitamin C</b> 14mg	16%
<b>Calcium</b> 145mg	11%
<b>Iron</b> 3mg	17%
<b>Potassium</b> 254mg	5%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.