

LEMON ASPARAGUS PASTA

Preparation: **20** minutes | Cooking: **20** minutes | Servings: **4**

INGREDIENTS

1 pound penne pasta
1 pound thin asparagus,
cut into 2-inch pieces
2 cloves garlic,
thinly sliced
1 small onion, diced
1 lemon, zested
and juiced
1 cup dry white wine
1/2 cup grated
parmesan
1/2 cup heavy cream
1/4 cup fresh parsley,
finely chopped
3 tablespoons olive oil
1/2 teaspoon red
pepper flakes (optional)
Salt and pepper



INSTRUCTIONS

Bring a large pot of salted water to a boil. Add penne and cook according to package directions. Reserve 1/2 cup pasta water, then drain. Meanwhile, in a large skillet over medium-high heat, heat 1 tablespoon oil. Cook asparagus until crispy and then season with a pinch of salt. Set aside. Heat 2 tablespoons oil over medium heat. Cook onions and garlic until softened. Add heavy cream, white wine, lemon juice and zest. Bring mixture to a boil; simmer for 5 minutes. Add salt, parmesan and black pepper. Reduce heat to low and mix well until combined. Turn off heat and mix in pasta, asparagus and parsley until well coated. Add small amounts of pasta water until you reach desired consistency. Serve with toppings of choice. Add chicken for a good protein source!