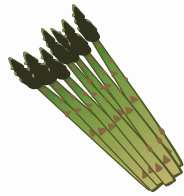


## Veggies



# with Roasted Pasta Asparagus Horns

An easy  
dinner  
option!



### Ingredients:

1 lb fresh asparagus  
2 tsp olive oil  
1 tsp fresh lemon juice  
salt and pepper  
8 oz whole-wheat penne  
1 can marinara pasta sauce  
2 Tbsp fresh grated Parmesan cheese

### Nutrition:

Recipe makes 7 servings  
Each serving counts as 1.5 vegetables

### Safety:

Keep fingers curled under while using knife. Ask a parent or guardian for help when using the stove and oven.

### Directions:

1. Wash asparagus.
2. Cut tough ends and stalks off.
3. Cut remaining asparagus diagonally into 1-inch pieces.
4. Preheat oven to 450° F.
5. Toss asparagus with olive oil, lemon juice, salt and pepper.
6. Arrange asparagus in single layer on baking sheet and roast in oven for 7 to 8 minutes. Remove from oven.
7. Cook pasta according to package directions.
8. Drain pasta and place in serving bowl.
9. Toss pasta, sauce and asparagus together.
10. Sprinkle with parmesan cheese, salt and pepper to taste.

from the kitchen of  
**Playnormous**



Recipe approved by the American Diabetes Association