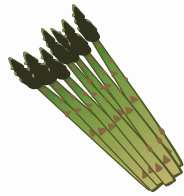


Veggies



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