

## Pasta with Roasted Asparagus Horns

### Ingredients:

- 1 lb. fresh asparagus, tough ends removed, and stalks cut diagonally into 1-inch lengths
- 2 tsp. olive oil
- 1 tsp. fresh lemon juice
- Salt and pepper to taste
- 8 oz. whole-wheat penne or other shaped pasta
- 1 can favorite pasta sauce (such as marinara)
- 2 Tbsp. fresh grated Parmesan cheese
- Salt and pepper to taste

### Directions:

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

### Nutrition:

- This recipe makes 7 servings.
- Each serving counts as 1.5 vegetables.

### Safety:

- Keep your fingers curled under when using the knife to avoid cutting your fingers.
- CAUTION – Ask a parent or guardian for help when using the oven.
- CAUTION – Ask a parent or guardian for help when using the stove.

Source: American Diabetes Association

