



## Creamy Pasta with Peas and Asparagus

### Ingredients:

- 1/2 cup heavy cream (see substitutions for ways to reduce fat)
- 1/2 cup chicken broth
- 1 tablespoon lemon juice
- 2 teaspoons lemon zest
- 12 ounces rotini pasta
- 1 pound fresh asparagus, trimmed and cut into 1-inch lengths
- 1 1/2 to 2 cups frozen peas
- 1 cup grated Parmesan cheese
- 2 tablespoons fresh chopped parsley
- Salt and pepper to taste

### Instructions:

- 1) In medium saucepan over medium heat, bring cream, chicken broth, lemon juice and lemon zest to a boil.
- 2) Cook, stirring occasionally, until reduced to 2/3 cup, about 5 minutes.
- 3) In a large pot of boiling, salt water, cook pasta for 7 minutes.
- 4) Add asparagus and peas, bring back to a boil and cook until the vegetables are tender, about 3 to 4 minutes.
- 5) Drain the pasta and vegetables thoroughly in a colander and return to the pot.
- 6) Add the cream sauce, cheese and parsley; toss thoroughly.
- 7) Season with salt and pepper to taste.

**YIELD: Four 1 1/2 cup servings as an entree or six 3/4 cup side dish servings**

### Ideas/Substitutions

- Divided among four portions, the half cup of heavy cream translates into just 2 tablespoons per serving. To reduce fat and calories, you can reduce the size of the serving and/or substitute one of these for some of the cream: milk, light cream, condensed skim milk, light sour cream, or plain yogurt.
- Use local products whenever possible, such as fresh asparagus, peas, and parsley from your garden - or the highly-prized wild asparagus.
- Use whole wheat rotini or other whole grain pasta for added fiber and flavor.
- Mix other cheeses with Parmesan; try Romano or Asiago for their unique flavors.
- To reduce sodium, use low sodium chicken broth. Use vegetable broth for vegetarians.

### Nutrition Analysis

Serving Size: 1 1/2 cups  
Calories: 320  
Total Fat: 8.7 g  
Calories from Fat: 24%  
Saturated Fat: 4.9 g  
Trans Fat: 0.0 g

Total Carb: 41 g  
Dietary Fiber: 6.6 g  
Sodium: 656 mg  
Protein: 21 g  
Calcium: 369 mg  
Iron: 4.9 mg

### Recipe Source

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