



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities***
Central Ohio

Supported by

JPMorganChase

Lemon Asparagus Pasta

Lemon zest ties all the flavors together in this light and creamy pasta. Make it a meal: Serve with a salad of sliced fresh mozzarella and cherry tomatoes tossed with a little fresh basil, balsamic vinegar and olive oil.

Servings: 4 | Total Time: 35 min



NUTRITION NOTES

- Hearty and wholesome, **whole-wheat penne pasta** provides a nutty flavor and fiber-rich base that makes the dish both satisfying and nourishing.
- Fresh and vibrant, **asparagus** adds a crisp-tender bite and bright green color that brings a taste of spring to every forkful.
- Creamy and comforting, **whole milk** forms a smooth, velvety sauce that gently coats the pasta while balancing the dish's bright flavors.
- Sharp and tangy, **whole-grain mustard** brings subtle spice and texture, adding depth and complexity to the creamy sauce.

Lemon Asparagus Pasta

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INGREDIENTS

- 8 ounces whole-wheat penne pasta
- 1 bunch asparagus, trimmed and cut into 3/4-inch pieces
- 1½ cups whole milk
- 3 Tablespoons whole-grain mustard
- 4 teaspoons flour
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 teaspoons extra-virgin olive oil
- 1 minced shallot
- 3 tablespoons minced garlic
- 2 teaspoons minced fresh tarragon, or 1/2 teaspoon dried
- 1 teaspoon freshly grated lemon zest
- 2 teaspoons lemon juice
- ½ cup grated Parmesan cheese, divided

INSTRUCTIONS

1. Bring a large pot of water to a boil. Add pasta and cook for 3 minutes less than the package directions. Add asparagus and continue cooking until the pasta and asparagus are just tender, 3 minutes more. Drain and return to the pot.
2. Meanwhile, whisk milk, mustard, flour, salt and pepper in a medium bowl. Heat oil in a medium saucepan over medium-high heat. Add garlic, shallot, and cook, stirring, until fragrant and lightly browned, 30 seconds to 1 minute. Whisk in the milk mixture. Bring to a simmer, stirring constantly, and cook until thickened, 1 to 2 minutes. Stir in tarragon, lemon zest and juice.
3. Stir the sauce into the pasta-asparagus mixture. Cook over medium-high heat, stirring, until the sauce is thick, creamy and coats the pasta, 1 to 2 minutes. Stir in 1/4 cup Parmesan. Divide the pasta among 4 bowls and top with the remaining 1/4 cup Parmesan.

Nutrition Profile: Bone Health | Healthy Pregnancy | Healthy Aging | Healthy Immunity | Vegetarian | High-Protein | Low-Calorie

NUTRITION FACTS *(per serving)*

Serving Size: 1 1/2 cups | Servings Per Recipe: 4 | Calories: 359

- 10g fat
- 56g carbs
- 17g protein
- 7g dietary fiber
- 7g sugars
- 4g saturated fat
- 18mg cholesterol
- 632mg sodium
- 1200IU vitamin A
- 11mg vitamin C
- 161mcg folate
- 253mg calcium
- 3mg iron
- 76mg magnesium
- 466mg potassium

**Nutrition information provided directly by eatingwell.com and reflects values listed at the time of publication. Recipe sourced from: eatingwell.com*