

TOMATO ASPARAGUS CARBONARA

Adapted from Cooking Light

Ingredients

- 1 tablespoon olive oil
- 1 pound asparagus, ends trimmed and spears cut into 1-inch pieces
- 2 garlic cloves, minced
- 1 pint (2 cups) cherry tomatoes
- 8 ounces (half a typical box) whole wheat penne pasta
- 2 ounces pecorino cheese, grated (about ½ cup)
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 eggs
- ¼ cup fresh basil leaves, roughly chopped (optional)

Instructions

In a large saucepan, boil water for the pasta. In a large skillet, heat the oil on medium heat and then add the asparagus. Cook for 3 to 4 minutes.

Add the garlic and sauté for 1 minute. Add tomatoes and cook for about 5 minutes, or until the tomatoes soften, stirring occasionally. When the water is boiling, add the pasta and cook until al dente (see the package for directions).

Meanwhile, in a medium bowl, combine the cheese, salt, pepper, and eggs; whisk to fully combine. When the pasta is cooked, drain it, reserving about ¼ cup pasta water.

Add the reserved pasta water, egg mixture, and drained pasta back to the saucepan. Stir in vegetables and cook on low until the sauce thickens (this will only take about a minute or two). Top with basil, if desired.

Yield: 4 servings



NUTRITION FACTS PER SERVING

CALORIES: 340

PROTEIN: 15 grams

SODIUM: 420 milligrams

CARBOHYDRATE: 40 grams

FIBER: 7 grams

FAT: 9 grams

SATURATED FAT: 3 grams