

## Spring Pasta with Asparagus, Spinach and Bacon



- 8 ounces whole grain pasta, uncooked
  - 1 tablespoon canola oil
  - 1/2 cup chopped sweet onion
  - 1 pound asparagus, tough ends removed, cut in 1-inch pieces
  - 1 cup fat-free, reduced sodium chicken or vegetable broth
  - 4 cups fresh spinach, coarsely chopped
  - 1/4 cup Parmesan cheese, shredded
  - 1/4 teaspoon black pepper
  - 2 slices cooked bacon, crumbled or imitation bacon bits
  - 1/4 cup Parmesan cheese, shredded
1. Cook pasta according to directions on package, omitting salt. Drain. Keep warm.
  2. Heat oil in large skillet over medium heat. Add onion to pan and cook stirring occasionally, 2 minutes. Add asparagus and broth. Bring mixture to a boil, reduce heat and simmer 4 minutes. Remove from heat. Add cooked, drained pasta, spinach, 1/4 cup Parmesan cheese and pepper. Toss well with tongs.
  3. Transfer mixture to serving dish and sprinkle with crumbled bacon and remaining 1/4 cup Parmesan cheese.

Serves 4.

<b>Nutrition Facts</b>		
Servings per recipe: 4		
<b>Calories 320</b>	Calories from fat 81	
% Daily Value		
<b>Total Fat</b> 9g	14%	
Saturated Fat 3g	14%	
<b>Cholesterol</b> 11mg	7%	
<b>Sodium</b> 268mg	11%	
<b>Carbohydrate</b> 48g	16%	
Dietary Fiber 7g	29%	
<b>Protein</b> 16g	32%	
Vitamin A: 49%	Vitamin C: 31%	Folacin: 43%
Calcium: 21%	Iron: 20%	Potassium: 15%

Modified from original source: Cooking Light at <http://find.myrecipes.com/recipe>  
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