

Penne with Asparagus & Snap Peas

Prep: 10 min
Cook: 10 min
Serves: 6

Ingredients:

- 1 pound whole wheat penne
- 1 pound fresh asparagus, ends trimmed and cut into 1-inch pieces
- ½ pound sugar snap peas
- 3 tablespoons olive oil
- 4 garlic cloves, minced
- ½ cup heavy cream
- Chopped fresh chives, for garnish

Directions:

1. Bring a large pot of salted water to a boil. Add penne and cook according to package directions. Add the asparagus and snap peas during the last 2 minutes of cooking. Drain the pasta and vegetables.
2. To the same pot, add the oil over medium heat. Sauté the garlic for 1 minute until fragrant. Whisk in heavy cream and bring to a simmer. Turn off the heat.
3. Add the pasta and vegetables back to the pot and toss to combine. Serve in bowls and garnish with chopped chives.



Nutrition Information		
Serving size: 203g	6 servings	Calories: 444
Amount per Serving		% Daily Value
Total Fat	15g	19%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	25mg	8%
Sodium	5mg	0%
Total Carbohydrate	25g	8%
Dietary Fiber	4g	14%
Total Sugars	6g	
Added Sugars	0g	
Protein	12g	
Vitamin D	0mcg	
Calcium	46mg	4%
Iron	5mg	30%
Potassium	149mg	4%