

# ANGEL HAIR WITH ASPARAGUS, TOMATOES, & FRESH BASIL

*Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 1/3 of recipe*

## **Nutrition (per serving)**

Calories: 395

Total Carbohydrate: 61

Total Fat: 11 g

Dietary Fiber: 8 g

Saturated Fat: 3 g

Protein: 13 g

Sodium: 439 mg

## **Ingredients**

16 thin stalks fresh asparagus

1 Tbsp olive oil

4 cloves garlic, thinly sliced or minced

¼ tsp pepper

6 medium plum (Roma) tomatoes, chopped (2 ¼ cups)

¼ cup dry white wine

¼ tsp salt

1 Tbsp butter\*

1 (9 ounce) pkg. refrigerated angel hair pasta

¼ cup fresh basil, shredded

\* Note: The butter is used to bind the sauce. Margarine might not be an effective substitute in making this pasta dish.

### **Directions**

1. Trim asparagus and rinse in cold water. Remove the tips; set aside. Bias-slice remaining asparagus stalks into 1- to 1 ½-inch pieces and set aside.
2. In a large skillet, heat oil over medium heat. Add the garlic and pepper; cook 1 minute, stirring constantly.
3. Add tomatoes and cook about 2 minutes, stirring often.
4. Add asparagus stalks, wine, and salt to mixture. Cook, uncovered, for 3 minutes.
5. Add asparagus tips; cook, uncovered, for 1 minute more.
6. Add butter; stir until melted.
7. Meanwhile, cook pasta according to package directions. Drain pasta. Return to pan and toss with asparagus mixture and basil.