



Creamy Leek and Mushroom Pasta with Lemon Roasted Asparagus

Ingredients:

- 12 oz whole wheat pasta

LEEK AND MUSHROOM SAUCE

- 2 tablespoons olive oil
- 1 shallot diced
- 2 leeks cleaned and diced
- 5 oz mushrooms, chopped
- 2 cloves garlic minced
- 3/4 cup low fat ricotta cheese
- 3 cups low sodium vegetable broth
for a richer pasta

SEASONING

- 2 teaspoons oregano
- 1 teaspoon salt adjust to taste
- 1 teaspoon pepper adjust to taste
- 1/4 cup parmesan divided
- 1-2 teaspoon fresh parsley chopped
finely



Serves: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

ASPARAGUS

- 1 pounds trimmed fresh asparagus,
chopped into 2 inch pieces
- 1 tbsp olive oil
- 2 tsp grated lemon zest
- 1 garlic clove, minced
- 1/8 tsp salt
- 1/8 tsp pepper



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Instructions

PREP LEEKS & ASPARAGUS

1. Preheat the oven to 425 degrees. Wash the leeks thoroughly. Slice the root ends, hairs, leafy portion. You will be left with half the length of the leek you started with.
2. Slice the leek vertically down the middle to make two half-cylinders. Repeat to get four semi-cylinders. Chop each piece and dump in a bowl of water immediately.
3. Once you're done chopping all the leeks, rinse the chopped leeks in your bowl of water, turning them over with your hands. Let them sit in the water for a few minutes and you'll get rid of most of the dirt. Rinse and repeat if needed. Drain the dirty water from the leeks.
4. Place the asparagus on a baking sheet (line with foil for easy clean up). Add the lemon zest, olive oil, garlic, salt, and pepper. Set aside.



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Instructions Continued

MAKE PASTA AND SAUCE

1. Add broth, oregano, salt and pepper to a large pot and bring to a boil.

Heat olive oil in a pan. Add shallots when the oil is hot and sauté for a minute, until fragrant.

Add chopped mushrooms and leeks and saute for 5 minutes or until the water evaporates and mushrooms brown.

Stir in the garlic and sauté for about 30 seconds until fragrant.

Add pasta to boiling broth, and cook for about 12 minutes or until desired texture is reached.

While the pasta boils, roast the asparagus for 8 – 12 minutes.

Once the pasta is ready, turn off the heat. Add ricotta and parmesan, and mix well together. Toss the asparagus right before serving. Garnish with lemon wheels and more asparagus.

Nutrition Information – 1 serving

360 calories, 11 g fat, 50 g carb (8 g fiber, 11 g sugar) 16 g protein, 250 mg sodium



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