



EAT MORE BURN MORE

SPAGHETTI WITH ASPARAGUS, ALMONDS, AND BASIL



Active time: 15 minutes

Cook time: 15 minutes

Yield: 4 servings

INGREDIENTS:

8 oz. whole-grain spaghetti (make sure it's made out of durum wheat flour)	¼ cup chicken stock salt and pepper to taste
3 tps extra-virgin olive oil, divided	1½ oz. pecorino Romano cheese, grated (about ⅓ cup)
1 lb. asparagus, trimmed and cut diagonally into 1½ inch pieces	¼ cup chopped almonds 2 tbsps chopped fresh basil
3 scallions, chopped, white and green parts divided	
2 large garlic cloves, minced	

PREPARATION:

1. Cook pasta al dente, about 1 minute less than the package directions. Drain.
2. Heat a skillet over medium-high heat. Add 1 tbsp oil to pan; swirl to coat.
3. Add asparagus; sauté until crisp but tender, about 3 minutes.
4. Stir in scallions and garlic; cook 30 seconds. Add stock; cook 1 minute.
5. Add asparagus mixture, salt, and pepper to the pasta mixture. Stir in cheese and remaining 1 tsp oil.
6. Divide pasta among 4 plates and sprinkle evenly with almonds and basil.