

Fresh spring pasta



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

8

Serving size

1/8 of prepared recipe

Time to make

15 minutes preparation; 25 minutes cook time

Ingredients

- 1 13-ounce package whole wheat rotini or bowtie pasta
- 1/2 pound fresh asparagus
- 8 ounces sugar snap peas
- 1 tablespoon olive oil or vegetable oil
- 1 small onion, chopped
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 1/2 cup Parmesan cheese
- 1/4 cup chopped basil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions

1. Boil pasta in large pot for 3-5 minutes; add asparagus and peas and cook for 3 more minutes until pasta and veggies are tender. Drain and set aside.
2. Heat oil in skillet and cook onion until barely golden (10-12 minutes). Add lemon juice and lemon zest and cook until fragrant (2-3 more minutes).
3. Toss onion mixture, Parmesan cheese, and basil into the pasta and vegetables. Season with salt and black pepper.

Tips and variations

- Swap out any of the vegetables for vegetables that you already have on hand, or are in-season. For example, swap in sliced zucchini and tomatoes (for the asparagus and peas) for a summer-style pasta. Or try the dish with roasted winter squash and chopped kale for a fall-themed pasta.
- This dish tastes great served warm or cold.
- If you don't have pasta on hand, you could also make this dish with cooked brown rice, quinoa, or other whole grains.

Nutritional info

Calories

219

Total fat

4.4 g

Saturated fat

1 g

Cholesterol

4.3 mg

Sodium

238 mg

Total carbohydrates

36.4 g

Dietary fiber

5.7 g

Protein

8.9 g

Total sugar

3.7 g

Allergens

Dairy

Wheat

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