
CAPRESE PASTA WITH ASPARAGUS

Nut-Free, Egg-Free, Vegetarian

Yield: 6 servings **Total time:** 25 minutes



D'LISH

Ingredients

- 8 oz (1 cup) whole-grain orecchiette pasta, uncooked
- 3 cups (1 ½ lbs.) asparagus, trimmed and cut into 1-inch pieces
- 1 1/2 cup (1 pint) grape tomatoes, halved
- 2 tbsp olive oil
- 1/4 tsp black pepper
- 1/4 tsp salt
- 2 cups fresh mozzarella, drained and cut into bite-size pieces
- 1/3 cup fresh basil
- 2 tbsp balsamic vinegar

Directions

- Preheat oven to 400°F and prep ingredients: wash, trim and cut asparagus. Cut grape tomatoes in half. Drain mozzarella and cut into bite-size pieces. Set ingredients aside.
- In a large stockpot add water and bring to a boil. Cook orecchiette pasta to al dente following the package directions. Drain, reserving 1/4 cup of the pasta water.
- While the pasta is cooking, in a large bowl, toss the asparagus, tomatoes, oil, pepper and salt together. Spread the mixture onto a large, rimmed baking sheet and bake for 15 minutes, stir halfway through cooking.
- Remove the vegetables from the oven and transfer to a large serving bowl. Add the cooked pasta and mix with reserved pasta water. Gently mix in mozzarella and basil. Drizzle with balsamic vinegar and serve.

Grocery List

- Orecchiette pasta
- Asparagus
- Grape tomatoes
- Olive oil
- Black pepper
- Salt
- Fresh mozzarella
- Fresh basil
- Balsamic vinegar

Kitchen Equipment

- Cutting board
- Sharp knife
- Colander
- Measuring cups
- Measuring spoons
- Stockpot
- Large bowl
- Mixing spoon
- Baking sheet
- Large serving bowl

Per serving: Calories: 307; Total Fat: 14g; Saturated Fat: 6g; Sodium: 318mg; Total Carbohydrates: 33g; Fiber: 9g; Protein: 18g

Prep tip

- The caprese part of this recipe refers to the fresh mozzarella, basil and tomatoes.
- There are many different types of orecchiette pasta you can choose from other than whole grain (chickpea, lentil, quinoa, black bean, gluten free).
- May experiment with this recipe by adding more vegetables (onion, peas, zucchini, squash, eggplant, broccoli, cauliflower, leeks, peppers) or pair it with lean sources of protein (chicken, seafood, shellfish, legumes, nuts, seeds).

Spotlight Ingredient: Asparagus

- Asparagus is a spring vegetable that you can buy fresh, frozen or canned. If buying fresh its best to eat it right away.
- Asparagus is a nutrient-packed vegetable. It is a very good source of fiber, folate, vitamins A, C, E and K, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells. Which is helpful when you're watching your blood sugar.

Notes