

# Spring Vegetable Pasta Primavera



## Servings: 4

*8 ounces penne pasta*

*8 ounces peas*

*1 bunch asparagus, cut into 1-inch pieces*

*1 bunch spinach*

*1/3 cup olive oil*

*1 lemon, zested*

*1 tablespoon lemon juice*

*salt and pepper, to taste*

*1/4 cup parmesan cheese, grated*

Bring a pot of salted water to a boil. Cook the penne pasta according to the package direction until al-dente. Drain and set aside.

In a sauté pan cook the asparagus until tender crisp. Set aside.

In a bowl whisk together olive oil, lemon zest, lemon juice, salt, and pepper. Set aside.

Mix together penne pasta, peas, asparagus, spinach, and olive oil mixture. Stir until the peas are warmed through and the spinach is lightly wilted.

Serve topped with parmesan cheese.

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Per Serving (excluding unknown items): 432 Calories; 20g Fat (41.1% calories from fat); 13g Protein; 51g Carbohydrate; 5g Dietary Fiber; 4mg Cholesterol; 102mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat.