



# Whole-Grain Rotini with Asparagus & Snap Peas

**SPRING BREAK:** Fresh snap peas and asparagus lighten up a pasta dinner (and add plenty of vitamins). Choosing whole-grain pasta over regular helps triple the cholesterol-lowering fiber

**Total time** 30 minutes

**Makes** 4 main-dish servings

- 1 pkg. (13.25 oz.) whole-grain rotini or fusilli pasta
- 8 oz. asparagus, ends trimmed, cut into 1-in. pieces
- 1 bag (8 oz.) stringless snap peas
- 1 Tbsp. olive oil
- 1 sm. onion, chopped
- 1 lemon
- ½ c. freshly grated Pecorino Romano cheese
- ¼ c. loosely packed fresh basil leaves, thinly sliced

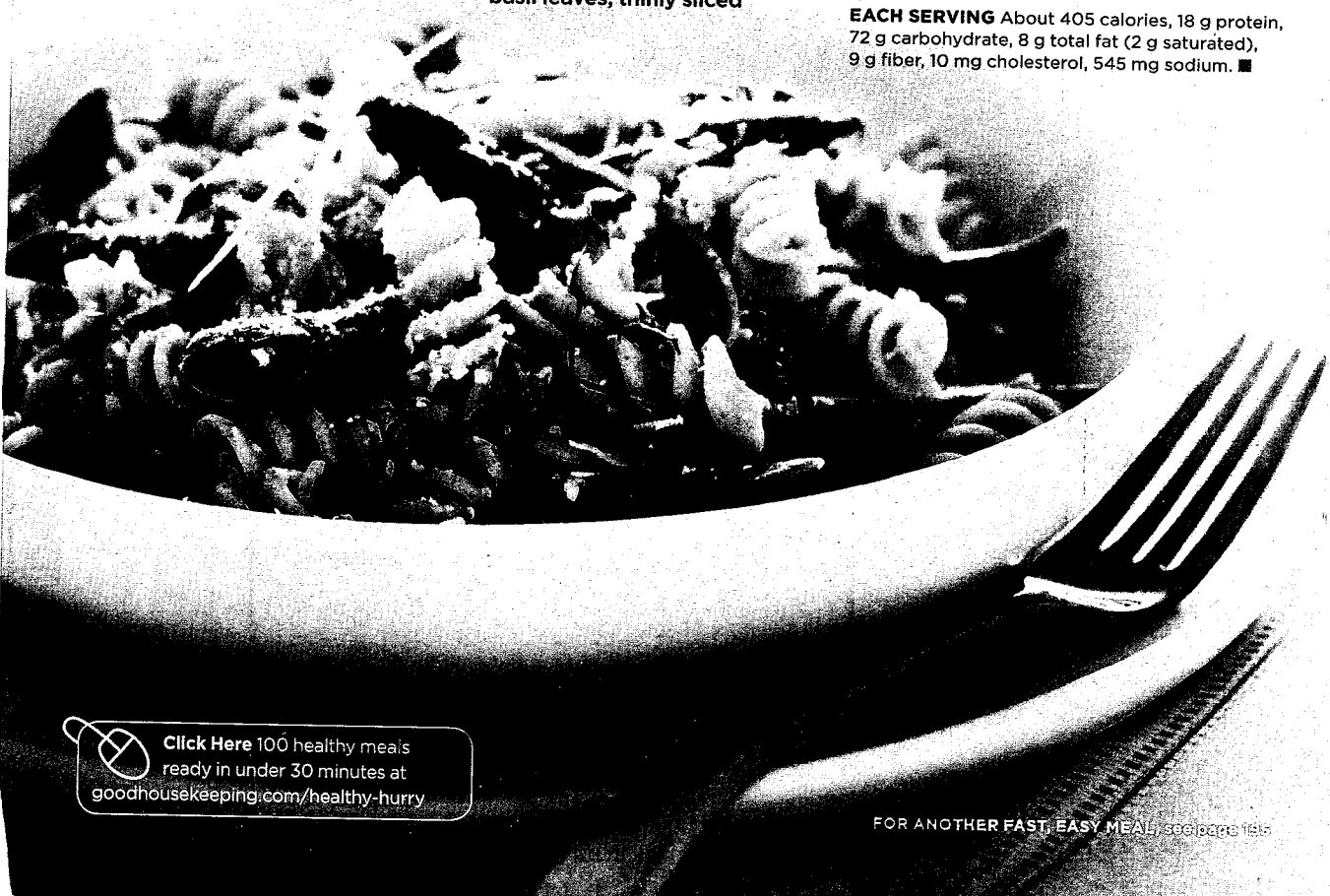
1. Heat large covered saucepot of salted water on high to boiling. Add pasta and cook as label directs, adding asparagus and snap peas when 3 minutes of cooking time remain.

2. Meanwhile, in 10-inch nonstick skillet, heat oil on medium until hot. Add onion and cook 10 to 12 minutes or until tender and browned. From lemon, grate 1 teaspoon peel and squeeze 2 tablespoons juice.

3. Reserve ½ cup pasta cooking water; drain pasta and vegetables. In large serving bowl, toss pasta and vegetables with cooking water, onion, lemon peel and juice, Romano, basil, ½ teaspoon salt, and ¼ teaspoon coarsely ground black pepper.

**EACH SERVING** About 405 calories, 18 g protein, 72 g carbohydrate, 8 g total fat (2 g saturated), 9 g fiber, 10 mg cholesterol, 545 mg sodium. ■

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