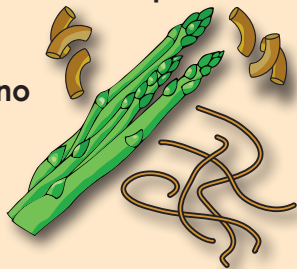


# Asparagus Pasta

## Ingredients:

(Serves 4-6)

- 1 1/2 pounds fresh asparagus, trimmed and cut into 1/2 inch pieces (or two 15-oz cans)
- 1/4 cup chicken broth (low-sodium, if available)
- 1/2 pound fresh (or canned) mushrooms, sliced no larger than 1/2 inch
- 8 ounces whole wheat spaghetti (or other whole wheat pasta shape)
- 2 teaspoons olive oil



## Directions:

- 1** Cook the whole wheat spaghetti according to package instructions.
- 2** Drain pasta, and transfer to a serving dish.

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## Directions:

- 3 Heat the olive oil in a nonstick skillet.
- 4 Cook asparagus in the pan over medium heat for about 3 minutes.
- 5 Add chicken broth and mushroom slices; cook 3 minutes more.
- 6 Gently toss pasta with asparagus mixture. Children can help with this step.



Child Health Initiative for Lifelong Eating & Exercise