



Asparagus Pesto Pasta

1 lb. asparagus	½ cup basil pesto
8 oz. whole wheat rotini pasta	1/3 cup sun dried tomatoes, julienne cut
1 Tbsp. olive oil	1/3 cup feta cheese
2 tsp. garlic powder	
1 tsp. ground black pepper	

Directions

1. Preheat oven to 425°F. Wash hands with soap and water. Wash asparagus and trim off tough ends. Toss asparagus with olive oil, garlic, and pepper. Roast for 8-12 minutes or until tender. Once cooled, cut into one-inch bite size pieces. Set aside.
2. Boil pasta until tender or as directed on box. Drain and rinse pasta with cool water.
3. Place tomatoes in a microwave safe bowl, cover with water and heat 1-2 minutes until rehydrated.
4. Combine pasta, asparagus, pesto, tomatoes, and feta cheese in a bowl. Serve warm or cold. **Yield:** 9 Servings

Nutrition Facts (per serving): 190 calories, 9 grams fat, 235 milligrams sodium, 25 grams carbohydrate, 5 grams fiber, 7 grams protein

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