



---

## Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

---

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation  
Tax ID #27-3820181*

***If Veteran's don't help Veteran's, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



# Creamy Asparagus Pasta

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

## Ingredients

- 8 ounce(s) pasta, penne, whole-wheat
- 1 bunch(es) asparagus, trimmed and cut into 3/4-inch pieces
- 1 1/2 cup(s) milk, whole
- 4 teaspoon mustard, whole-grain
- 4 teaspoon flour, all-purpose
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, black ground
- 2 teaspoon oil, olive, extra virgin
- 3 tablespoon garlic, minced
- 2 teaspoon tarragon, fresh, minced, or 1/2 teaspoon dried
- 1 teaspoon lemon zest
- 2 teaspoon lemon juice
- 1/2 cup(s) cheese, grated Parmesan, divided

## Preparation

1. Bring a large pot of water to a boil. Add pasta and cook for 3 minutes less than the package directions. Add asparagus and continue cooking until the pasta and asparagus are just tender, 3 minutes more. Drain and return to the pot.
2. Meanwhile, whisk milk, mustard, flour, salt and pepper in a medium bowl. Heat oil in a medium saucepan over medium-high heat. Add garlic and cook, stirring, until fragrant and lightly browned, 30 seconds to 1 minute.
3. Whisk in the milk mixture. Bring to a simmer, stirring constantly, and cook until thickened, 1 to 2 minutes. Stir in tarragon, lemon zest and juice.
4. Stir the sauce into the pasta-asparagus mixture. Cook over medium-high heat, stirring, until the sauce is thick, creamy and coats the pasta, 1 to 2 minutes. Stir in 1/4 cup Parmesan. Divide the pasta among 4 bowls and top with the remaining 1/4 cup Parmesan.

