



## Asparagus, three ways...

### Prosciutto Wrapped Asparagus

- 6 ounces sliced prosciutto, halved horizontally
- 1 pound asparagus, trimmed
- 1 tablespoon olive oil

#### Directions:

1. Working on one at a time, wrap halved slices of prosciutto around each asparagus spear at an angle, covering the entire length of the spear. Repeat with remaining prosciutto and asparagus.
2. Heat olive oil in a large skillet over medium high heat. Add asparagus and cook until prosciutto is crisp and asparagus is tender, about 2-3 minutes. Serve immediately.

### Balsamic Roasted Asparagus & Tomatoes

- 1 ½ pounds asparagus, bottoms trimmed
- 1 ½ cup cherry tomatoes, cut in half
- 1 tablespoon olive oil
- Salt & pepper, to taste
- ½ cup parmigiana reggiano, grated
- ½ cup balsamic vinegar
- 2 table spoons fresh basil, sliced

#### Directions:

1. Toss the asparagus and tomatoes in olive oil, season with salt and pepper. Place on a baking sheet in a single layer, sprinkle with parm-reg and roast in a preheated 400 degree oven until they start to caramelize – about 15 to 20 minutes, tossing them half way through cooking.
2. While veggies are roasting, simmer the balsamic vinegar until it starts to thicken, about 10 minutes.
3. Remove asparagus and tomatoes from oven and serve drizzled with balsamic reduction and garnish with fresh basil.

## Creamy Pasta with Asparagus and Bacon

4 ounces bow-tie pasta  
2 tablespoons butter  
1 clove garlic, minced  
1/3 cup grated parmesan  
1 teaspoon chicken soup base  
2/3 cup fat-free half and half  
Salt & Pepper, to taste  
6 thin spears blanched asparagus, cut diagonally into 2 inch pieces  
3 strips of bacon, cooked and crumbled  
1 tablespoon chopped parsley  
Grated parmesan, to garnish

### Directions:

1. Prepare bow-tie pasta according to package directions.
2. In a skillet, melt butter. Add garlic and saute' for 1 minute.
3. Add parmesan cheese and chicken soup base and cook until incorporated well. Slowly add in the half & half and toss in salt and pepper. Add cooked pasta to cream sauce and toss until pasta is well covered. Add asparagus.
4. Sprinkle with bacon and parsley. Garnish with a little parmesan and serve.