

Spaghetti with Roasted Asparagus

Ingredients:

1 1/4 lbs. fresh asparagus, trimmed

½ lb. whole wheat spaghetti

1 tbsp. olive oil

3 garlic cloves, finely chopped

1 tbsp. chopped fresh thyme

1/₃ tsp. red pepper flakes

zest of one lemon

3 tbsp. lemon juice

½ tsp. salt









Directions:

- 1. Preheat oven to 425 degrees F.
- 2. Spray broiler pan with nonstick spray. Spread asparagus onto pan and lightly spray with nonstick cooking spray. Roast until lightly charred in spots and tender, 12-14 minutes.
- 3. When cool enough to handle, cut into 1 ½ inch pieces.
- 4. Meanwhile cook the spaghetti according to the package directions.
- 5. Mix the oil, garlic, thyme and red pepper flakes in microwavable cup; microwave on high just until warm and fragrant, 30-40 seconds.
- 6. Stir in lemon zest, juice and salt. Drain the spaghetti, reserving ¼ cup of liquid.
- 7. Toss the spaghetti, asparagus, and oil mixture in bowl with enough of the reserved liquid to evenly moisten the spaghetti and asparagus.