



**BeFit**

Be Fit. Eat Healthy. It's your choice.

## **Be Fit Basics: Tomato Asparagus Whole Wheat Carbonara**

Adapted from *Cooking Light*

- 1 tbsp olive oil
- 1 pound asparagus, ends trimmed and spears cut into 1 inch pieces
- 2 garlic cloves, minced
- 1 pint cherry tomatoes
- 8 ounces (half a box) whole wheat penne pasta
- 2 ounces pecorino cheese (1/2 cup grated)
- 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 2 eggs
- 1/4 cup fresh basil leaves, roughly chopped

### **Instructions:**

In a large saucepan, boil water for the pasta. In a large skillet, heat the oil on medium heat and then add the asparagus; cook for 3 to 4 minutes. Add the garlic and sauté for 1 minute. Add tomatoes and cook for about 5 minutes, or until the tomatoes soften, stirring occasionally.

When the water is boiling, add the pasta and cook until al dente (see the package for directions). Meanwhile, in a medium bowl, combine the cheese, salt, pepper, and eggs; whisk to fully combine. When the pasta is cooked, drain it, reserving about 1/4 cup pasta water.

Add the reserved pasta water, egg mixture, and pasta back to the saucepan. Stir in vegetables and cook on low until the sauce thickens slightly (this will only take about a minute). Top with basil and serve.

**Yield:** 4 servings



### **NUTRITION INFORMATION PER SERVING:**

**CALORIES:** 340 calories

**PROTEIN:** 15 g

**SODIUM:** 420 mg

**CARBOHYDRATE:** 40 g

**FIBER:** 7 g

**FAT:** 9 g

**SAT FAT:** 3 g