



# FLOUR CITY PASTA

## LIME CILANTRO FETTUCCINE WITH ORANGE-LIME-CILANTRO SAUCE OVER ASPARAGUS

**Ingredients:**

1lb. Lime Cilantro Fettuccine Cooked al Dente (ABOUT 8 MINUTES).  
1 bunch asparagus cooked to your liking

**Sauce:**

1/3 cup orange juice  
1/3 cup lime juice  
2 tbs. honey  
3 tbs fresh cilantro

**Directions:**

1. While the pasta and asparagus are cooking combine the first three sauce ingredients in a mixing bowl.
2. Mix with wooden spoon for 1 minute
3. Add cilantro and serve over pasta and asparagus.

Note: Cooked chicken can be substituted for the asparagus or added to the recipe.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
	<b>Total Fat</b> 3g <b>4%</b> <b>Total Carb.</b> 80g <b>27%</b>			
Sat. Fat 0.5g <b>3%</b> Fiber 5g <b>18%</b>				
<i>Trans</i> Fat 0g Sugars 0g				
<b>Cholest.</b> 0mg <b>0%</b> <b>Protein</b> 15g				
<b>Sodium</b> 0mg <b>0%</b>				
Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 20%				

Serv. Size 1/4 lbs (113g)  
Serv. Per Cont. 3  
**Calories** 380  
Fat Cal. 25

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Organic Wheat, Durum, Organic Lime Oil, Organic Cilantro Leaf, Organic Turmeric Powder, Organic Spinach Powder

CONTAINS: Wheat

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