



FLOUR CITY PASTA

WHOLE WHEAT GARLIC FETTUCCINE WITH CREAMY ASPARAGUS

Ingredients:

- 1 lb. whole wheat garlic fettuccine cooked for 8-10 minutes
- 2 bunches asparagus
- 3 cups milk
- 2 Tbs. Dijon mustard
- 2 Tbs. flour
- 1 tsp. salt
- 1 tsp. fresh ground pepper
- 1 Tbs. extra virgin olive oil
- 4 Tbs. minced garlic
- 1Tbs. minced tarragon fresh or 1 tsp. dried
- ½ tablespoon fresh grated lemon zest
- 1 Tbs. lemon juice
- ½ cup grated parmesan

Directions:

1. Cook asparagus until tender.
2. Whisk the milk, mustard, flour, salt and pepper in a medium bowl.
3. Heat oil in saucepan over medium heat.
4. Add garlic and cook until golden.
5. Whisk in the milk mixture.
6. Bring to a simmer stirring constantly, and cook until thickened.
7. Stir in tarragon, lemon zest and juice.
8. Add the asparagus to the sauce.
9. Stir the sauce and parmesan into the pasta and serve on a large warmed serving dish.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 2.5g	4%	Total Carb. 78g	26%
Sat. Fat 0g	0%	Fiber 10g	41%	
<i>Trans Fat</i> 0g		Sugars 0g		
Cholest. 0mg	0%	Protein 17g		
Sodium 0mg	0%			
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 25%		

INGREDIENTS: Organic Whole Wheat Flour, Organic Wheat, Durum, Organic Garlic Powder, Natural Wheat Protein

CONTAINS: Wheat