

# Low-Point Penne Pasta with Asparagus and Pistachios

## Ingredients:

- 8 ounces uncooked whole-wheat penne pasta
- 1 Tbs olive oil
- 1 pound asparagus, trimmed and cut into 1 1/2-inch pieces
- 3 green onions, chopped, white and green parts divided
- 1 tsp. minced garlic
- 1/4 cup dry white wine
- 1/2 tsp. kosher salt or sea salt
- 1/4 tsp. freshly ground pepper
- 1 Tbs butter, (Land O Lakes Light with Canola Oil)
- 1/3 cup grated parmesan cheese
- 1/4 cup pistachios, chopped
- fresh mint, chopped

Cook pasta according to directions. Drain in a colander over a bowl reserving 1/4 cup cooking liquid. Return pasta and 1/4 cup liquid to pan, cover, and keep warm over low heat.

Heat a large skillet over medium-high heat with olive oil. Add asparagus, white parts of the green onions, and garlic; and sauté until asparagus is crisp-tender. Add wine, salt, and pepper. Cook for about 1 minute. Add asparagus mixture to pasta along with the green onions, butter, and cheese. Stir in pistachios. Divide among bowls and garnish with fresh mint.

Total servings - 7 cups

Serving size - 1 cup

Points per serving - 4

Points plus per serving - 5

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"Change the way you look at things, and then the things you look at change." - Anonymous***