

## SPRING PASTA

*(adapted from Inspired Edibles)*

whole-wheat spaghetti (or pasta of your choice)

1 bunch of asparagus

1/2 cup walnuts, toasted and coarsely chopped

3 Tbs olive oil, divided

1 garlic clove

1/4 cup sun dried tomatoes

salt and pepper to taste

1/4 cup chicken stock (or water)

fresh parsley, chopped

Iberico cheese, grated (or Parmigiano Reggiano)

Heat oven to 375 F. Cut the tough stems off the asparagus and discard. Cut the stems in half, and unless the stems are very thin, slice the lower half in half lengthwise. Place them in a baking dish, coat lightly with 1 Tbsp olive oil, sprinkle salt, and bake for 12-15 minutes, until barely soft.

Start cooking the pasta according to the package instructions. Meanwhile, heat 2 Tbs olive oil on a large non-stick skillet and saute the garlic and the sun dried tomatoes for a couple of minutes, until the garlic is fragrant and the tomatoes start to soften up. Season with a little salt and pepper. If the pasta is not cooked yet, reserve the sauteed mixture over very low heat. Once the pasta is cooked, add it to the skillet together with the chicken stock, reserved asparagus, 3/4 of the walnuts, parsley and grated cheese. Mix well, and warm it all together in medium-high heat for a couple of minutes.

Serve with the remaining walnuts and additional grated cheese on top.