

SIDE DISH

Pennette with Asparagus and Pine Nuts

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$2.55	171 kcal

If you want to add more gluten free, lacto ovo vegetarian, and primal recipes to your repertoire, Pennette with Asparagus and Pine Nuts might be a recipe you should try. For \$2.55 per serving, this recipe covers 17% of your daily requirements of vitamins and minerals.

Ingredients

☐ 2 ounces 1/2 cup shredded Asiago cheese	☐ 3 cups (1-inch) slices asparagus (about 1 pound)
☐ 2 teaspoons bottled minced garlic	☐ 0.1 teaspoon crushed red pepper
☐ ½ cup fat-free, less-sodium chicken broth	☐ ¼ cup fresh lemon juice
☐ 2 teaspoons olive oil	☐ 2 tablespoons pine nuts, toasted
☐ ½ teaspoon salt	☐ ½ cup chopped drained oil-packed sun-dried tomato halves
☐ 8 ounces uncooked pennette (mini penne)	☐ 8 ounces uncooked pennette (mini penne)

EQUIPMENT Bowl, Frying pan

Method

- 1 Cook the pasta according to package directions, omitting salt and fat.
- 2 Drain; place in a large bowl.
- 3 While pasta cooks, heat oil in a large nonstick skillet over medium heat.
- 4 Add garlic and pepper; cook 2 minutes, stirring constantly.

- 5 Add asparagus, chicken broth, and lemon juice; reduce heat to medium. Cook 5 minutes or until asparagus is tender. Stir in tomato and salt; cook 1 minute.
- 6 Add asparagus mixture to pasta, and toss to coat.
- 7 Sprinkle with cheese and nuts.

Nutrition per serving

171	10 g	10 g	15 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3 g · 18% of daily needs
Fibre			4.1 g · 16% of daily needs
Sugar			7.8 g · 9% of daily needs
Sodium			652 mg · 28% of daily needs
Cholesterol			9.6 mg · 3% of daily needs
Vitamin C			17.7 mg · 22% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/pennette-with-asparagus-and-pine-nuts-148497