



Lenten Meatless Meal

Lemony Vegetables and Pasta

Ingredients:

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| 1 pound fresh asparagus, trimmed and cut into 1-inch pieces | 1 tablespoon butter |
| 1 medium sweet red pepper, cut into 1-inch pieces | 1 tablespoon all-purpose flour |
| 1 medium red onion, sliced | 3 garlic cloves, minced |
| 1 tablespoon olive oil | 1 cup vegetable broth |
| 1/2 teaspoon salt | 1 cup shredded parmesan |
| 1/4 teaspoon pepper | 1/2 cup sour cream |
| 4-1/2 cups uncooked bow tie pasta | 2 Tbsp lemon juice |
| 1/4 tsp. crushed red pepper flakes | 1/2 cup chopped pistachios |
| | 1/4 cup fresh basil leaves, sliced |

Directions:

1. In a large bowl combine the asparagus, red pepper, onion, oil, salt and pepper. Transfer to a greased 15x10x1 inch pan. Bake at 450 F for 10-15 minutes or until golden brown, stirring once.
2. Meanwhile, cook pasta according to package directions. In a large saucepan, melt butter over medium heat. Stir in flour, garlic, and pepper flakes until blended. Whisk in broth until blended. Bring to a boil over medium-high heat; cook and stir for 2 minutes or until thickened and bubbly
3. Reduce heat. Stir in the cheese, sour cream, lemon juice and zest; heat through. Drain pasta and place in a large bowl. Add cheese sauce and asparagus mixture; toss to coat. Sprinkle with pistachios, basil and additional cheese..

Recipe from: <https://www.tasteofhome.com/recipes/lemony-vegetables-and-pasta/>