

# Bow-Ties with Chicken and Asparagus

## Recipe of the Month – June 2013



Flavorful folic acid at 25% Daily Value. Asparagus is a super source of folic acid, important for healthy babies.

**Prep Time:** 25 Min

**Start to Finish:** 25 Min

**Makes:** 6 servings (1 1/2 cups each)

### INGREDIENTS

4 cups uncooked bow-tie (farfalle) pasta (8 oz.)  
1 lb. fresh asparagus spears  
1 tablespoon canola oil  
1 lb. boneless skinless chicken breasts, cut into 1-inch pieces  
1 package (8 oz.) sliced fresh mushrooms (3 cups)  
2 cloves garlic, finely chopped  
1 cup fat-free chicken broth with 33% less-sodium  
1 tablespoon cornstarch  
4 medium green onions, sliced (1/4 cup)  
2 tablespoons chopped fresh basil leaves  
Salt, if desired  
1/4 cup finely shredded Parmesan cheese (1 oz.)

### DIRECTIONS

1. Cook and drain pasta as directed on package, omitting salt.
2. Meanwhile, break off tough ends of asparagus as far down as stalks snap easily. Wash asparagus; cut into 1-inch pieces.
3. In 12-inch nonstick skillet, heat oil over medium-high heat. Add chicken; cook 2 minutes, stirring occasionally. Stir in asparagus, mushrooms and garlic. Cook 6 to 8 minutes, stirring occasionally, until chicken is no longer pink in center and vegetables are tender.
4. In small bowl, gradually stir broth into cornstarch. Stir in onions and basil. Stir cornstarch mixture into chicken mixture. Cook and stir 1 to 2 minutes or until thickened and bubbly. Season with salt. Toss with pasta. Sprinkle with cheese.

**Recipe Provides:** Fats & Oils 1tsp, Grains 2oz-equivalents, Meat & Beans 2oz-equivalents, Vegetables 1c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	320	<b>Calories from Fat:</b>	60
<b>Total Fat:</b>	7 g	<b>Saturated Fat:</b>	2 g	<b>Cholesterol:</b>	50 mg
<b>Sodium:</b>	50 mg	<b>Total Carbohydrate:</b>	37 g	<b>Dietary Fiber:</b>	3 g
<b>Sugars:</b>	2 g	<b>Protein:</b>	27 g		



This recipe adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)