



Penne with Asparagus, Spinach, and Bacon

This pasta toss comes together in a snap on busy weeknights. Complement it with a glass of white wine, such as sauvignon blanc, and garlic-Parmesan breadsticks.



Photo by: Photo: Lee Harrelson; Styling: Leigh Ann Ross

YIELD: 4 servings (serving size: about 1 1/2 cups pasta mixture and 1 tablespoon cheese)

COURSE: Main Dishes

Ingredients

8 ounces uncooked penne pasta

2 bacon slices

1/2 cup chopped sweet onion

2 1/2 cups (1-inch) slices asparagus (about 1 pound)

1 1/2 cups fat-free, less-sodium chicken broth

4 cups bagged baby spinach leaves

1/2 cup (2 ounces) preshredded Parmesan cheese, divided

1/4 teaspoon black pepper

Preparation

Cook pasta according to the package directions, omitting salt and fat. Drain; keep warm.

Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan; crumble. Add onion to drippings in pan; sauté 1 minute. Add asparagus and broth to pan; bring to a boil. Reduce heat, and simmer 5 minutes or until asparagus is crisp-tender. Add pasta, spinach, 1/4 cup cheese, and pepper to pan; toss well. Sprinkle with remaining 1/4 cup cheese and bacon.

Nutritional Information

Amount per serving

Calories: 363

Calories from fat: 25%

Fat: 10.2g

Saturated fat: 4.2g

Monounsaturated fat: 3.6g
Polyunsaturated fat: 0.8g
Protein: 17.8g
Carbohydrate: 49.1g
Fiber: 4.6g
Cholesterol: 18mg
Iron: 4.3mg
Sodium: 501mg
Calcium: 239mg

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