



Recipes for Success



Asparagus Carbonara

Servings: 4

Ingredients

Spaghetti <i>(whole wheat, if possible)</i>	12 oz (340g)
Asparagus spears, trimmed	1lb / 454g (about 28 spears)
Olive oil	2 tbsp (2 mL)
Onion, thinly sliced	1 small
Garlic, minced	1 clove
Eggs	2
Asiago cheese, finely shredded	¾ cup (175 mL)
Milk, 2% MF or less	¼ cup (50 mL)
Pepper	¼ tsp (1 mL)
Cherry tomatoes, quartered	1 cup (250 mL)



Photo Credit: Yvonne Duivenvoorden

Preparation:

1. In large pot of boiling water, cook pasta until tender but firm (about 8 to 10 minutes). Drain water and return to pot, keep ¾ cup (175 mL) of the cooking liquid.
2. Meanwhile, cut asparagus diagonally into 1/2-inch (1 cm) lengths; set aside.
3. In skillet, heat oil over medium-high heat; cook onion and garlic until slightly softened (about 1 minute). Add asparagus; cook, stirring occasionally, until tender-crisp (about 2 minutes). Remove from heat.
4. In small bowl, whisk together eggs, ½ cup (125 mL) of the cheese, milk, and pepper. Add to pasta along with tomatoes and asparagus; toss to coat, adding as much of the cooking liquid as desired to make sauce creamy.
5. To serve, sprinkle with remaining cheese.

Source: Canadian Living Special Issue: Pasta by the Season 2004

Suggested Tasks for Children:

- Rinse asparagus in cool water
- Snap off woody ends of asparagus (this is a lot of fun for kids!)
- Crack eggs
- Grate cheese
- Measure ingredients
- Whisk together wet ingredients
- Sprinkle with cheese
- Set the table

