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Stargazer Perennials Farm and Nursery, Summerville Oregon

Creamy Herbed Pasta with Asparagus

- 8 ounces whole wheat penne pasta
- 1 bunch fresh asparagus, trim and cut into 3/4 inch pieces
- 1 red bell pepper, chopped
- 1 1/2 cups milk
- 1 tablespoon Dijon mustard
- 4 teaspoons flour
- Sea salt Fresh ground pepper
- 1 tablespoon organic olive oil
- 3 cloves minced garlic
- 2 teaspoon fresh tarragon, chopped
- 1 teaspoon freshly grated lemon zest
- 2 teaspoons fresh lemon juice
- 1/2 cup Parmesan cheese grated fine, divided

Bring large pot of water to boil. Add pasta and cook for 3 minutes less than package directions. Add asparagus and continue cooking 3-4 more minutes. Drain pasta and asparagus mixture and return to pot.

Whisk milk, mustard, flour, salt and pepper in a bowl and set aside. Heat olive oil in a saucepan over medium heat. Add garlic and red bell pepper, cook while stirring, until golden brown. Whisk in milk mixture, Bring to a simmer and continue stirring until sauce thickens, 1-2 minutes. Stir in tarragon, lemon zest and lemon juice.

Pour the sauce mixture over the asparagus pasta mixture and stir to coat. Cook over medium heat 2-3 minutes until pasta is covered and sauce is thick. Stir in 1/4 cup Parmesan cheese.

Top servings with remaining Parmesan cheese.

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