

Fettuccine with Asparagus and Walnuts (for 4)

Recipe Cookbook: The Working Family's Cookbook

Prep Time: 10 minutes

Cooking Time: 20 minutes

INGREDIENTS:

1/3 C chopped walnuts	1 1/4 lb thin asparagus
2 TBS olive oil	4 scallions, chopped
2 medium-size cloves garlic, crushed	1 C part-skim ricotta cheese
3/4 C canned chicken broth, or water	3/4 lb fettuccine, dried
1/4 C grated Parmesan cheese (optional)	1/4 C fresh basil, chopped
Salt & freshly ground pepper, to taste	

DIRECTIONS:

Heat water for pasta in large saucepan. Heat oven to 425 degrees. Spread walnuts on baking sheet - toast about 7 minutes till fragrant.

Meanwhile, snap off tough ends of the asparagus & discard. Cut off tips, leaving them about 2" long - reserve. Cut stalks into 1" pieces.

Heat oil in saucepan over medium heat. Add scallions & garlic - cook about 5 minutes till softened. Add 1 1/2 C of asparagus stalks - cook 1 minute. Add 1/2 tsp salt + broth - cover/simmer 5-10 minutes till asparagus is tender. Purée the asparagus & cooking liquid with the ricotta cheese in food processor. If mixture is very thick, stir in enough of the pasta cooking water to give it the consistency of thickened cream.

Meanwhile, cook pasta 9 minutes in boiling salted water. Add reserved asparagus tops & stalks - continue cooking about 3 more minutes till both pasta & asparagus are tender. Drain in colander & return to pan. Add pureéd asparagus mixture & toss to coat with the sauce. Sprinkle with chopped basil & toasted walnuts + season with pepper. Serve with Parmesan cheese, if desired.