



## **Creamy Pasta Primavera**

*Serves 2*

- $\frac{3}{4}$  cup uncooked gemelli or spiral pasta
- 4 fresh asparagus stalks, trimmed and cut into 2-inch pieces
- $\frac{1}{4}$  cup frozen peas
- $\frac{1}{2}$  medium carrot, shredded
- 1 teaspoon canola oil
- 4 cherry tomatoes, halved
- $\frac{1}{2}$  garlic clove, minced
- 2  $\frac{1}{2}$  T grated Parmesan cheese
- $\frac{1}{8}$  cup heavy whipping cream
- Pinch salt
- Big pinch pepper

Cook pasta according to package directions. In a large skillet over medium-high heat, saute asparagus and carrots and peas in oil until crisp-tender. Add tomatoes and garlic; cook 1 minute longer. Stir in the cheese, cream, salt and pepper. Drain pasta; toss with veggie mixture.