



Asparagus and Chicken Penne Carbonara

Chicken and Asiago cheese replace the traditional bacon and Parmesan in this easy-to-prepare pasta dish.

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Serves 4

8 oz (250 g)	penne pasta (about 2-1/2 cups/625 mL)
1	boneless skinless Ontario Chicken Breast, cut into bite-size pieces
2 tbsp (25 mL)	vegetable oil
12 oz (375 g)	Ontario Asparagus, trimmed and cut into 1-inch (2.5 cm) pieces
1	Ontario Onion, chopped
3	cloves garlic, minced
2	Ontario Eggs
1/4 cup (50 mL)	Ontario Milk
3/4 cup (175 mL)	shredded Ontario Asiago Cheese
1/4 tsp (1 mL)	each salt and pepper
2	Ontario Greenhouse Tomatoes, diced

In large pot of boiling salted water, cook pasta according to package directions; until tender. Drain and return to pot, reserving 3/4 cup (175 mL) cooking water.

Meanwhile, in large nonstick skillet, heat oil over medium-high heat. Add chicken and cook until browned and no longer pink inside, about 5 minutes. Add asparagus, onion and garlic; stir-fry until asparagus is tender, about 4 minutes.

In small bowl, beat together eggs, milk, 1/2 cup (125 mL) of the cheese, salt and pepper.

Add asparagus mixture and tomatoes to hot pasta and toss. Add egg mixture; toss to coat over low heat, adding as much of the cooking water as desired to make sauce creamy. Sprinkle with remaining cheese. Serve immediately.

Nutritional Information:

1 Serving	
PROTEIN:	29 grams
FAT:	19 grams
CARBOHYDRATE:	54 grams
CALORIES:	500
FIBRE:	7 grams
SODIUM:	435 mg