

Roasted Asparagus and Mushroom Pasta in Lemon-Cream Sauce

Yield: 7 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/shrimp-for-dinner-recipes>

Ingredients:

- snapped
- 1 pound asparagus
- 3 1/2 cups mushrooms whole, thickly sliced
- 5 1/2 cloves garlic minced or pressed
- 1 tablespoon lemon zest
- 1/4 cup lemon juice strained
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon coarsely ground black pepper
- 1/2 teaspoon kosher salt
- 1/4 teaspoon mustard Creole or coarse-grain
- 8 ounces linguine uncooked
- 1 Alfredo sauce recipe Guiltless
- chicken breast optional
- shrimp optional

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 65 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 22 grams
7. SaturatedFat: 5 grams
8. Sodium: 1140 milligrams

9. Sugar: 5 grams

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