



## Bow-tie Pasta with Asparagus and Shrimp

8 T olive oil \*

3 cloves of garlic, minced \*

1lb. Green shrimp, peeled and deveined \*

1lb of asparagus, cut bottom 1/3 off \*

1lb of bow-tie pasta \*

3 T fresh parsley chopped

Fresh grated Romano cheese \*Bring a pan of water to a boil (add a dash of salt and olive oil to the water).

Cook noodles as directed, but reserve 1 cup of the water for later use.

While that is cooking,

Sauté shrimp and asparagus in your olive oil and garlic for 8-10 minutes.

Add drained pasta to sauté mixture plus the 1cup of reserved liquid.

Simmer for 12-15 minutes.

Just before serving add parsley and Romano.

Serves 5.