

Pork

Asparagus Ham Dinner

Taste of Home One-Dish Meals

Servings: 6

2 cups spiral pasta, uncooked
3/4 pound fresh asparagus, cut into 1-inch pieces
1 medium sweet yellow pepper, julienned
1 tablespoon olive oil
3 cups (6 medium) fresh tomatoes, diced
6 ounces boneless fully cooked ham, cubed
1/4 cup fresh parsley
1/2 teaspoon salt
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/8 teaspoon cayenne pepper
1/4 cup Parmesan cheese, shredded

Cook pasta according to the package directions.

Meanwhile, in a large nonstick skillet, saute' the asparagus and yellow pepper in oil until tender.

Add tomatoes and ham; heat through.

Drain the pasta; add to the vegetable mixture.

Stir in the seasonings.

Sprinkle with cheese.

Per Serving (excluding unknown items): 68 Calories; 4g Fat (43.5% calories from fat); 3g Protein; 7g Carbohydrate; 2g Dietary Fiber; 3mg Cholesterol; 248mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.