

Bacon, Shrimp, Asparagus Pasta

Ingredients:

- 10 slices uncured bacon
- ¼ cup shallot
- 1/3 cup green onion
- 1 oz garlic
- 1 ½ cup Asparagus
- 1/3 lb. baby salad shrimp (cooked)
- ¼ cup red bell pepper
- 1 cup baby bell mushrooms
- 1 cup mild salsa
- 2 cups water (from pasta)
- 1 Tbsp butter
- 2 cups pasta (cooked)



Directions:

Prepare pasta per package directions, leave slightly al dente. Slice and dice all vegetables, set aside. Cook bacon, drain on paper towel, retain fat in separate bowl. Return 1-2 tablespoons bacon fat to pan, sauté onions and garlic to soften. Add red bell pepper, mushrooms, asparagus (if fresh), salsa and water. Cook 5-10 minutes until soft. If used frozen asparagus, add now along with cooked shrimp and butter. Cook couple of minutes to melt butter and warm other ingredients. Add pasta; finish cooking pasta to desired tenderness. Salt to taste.

Serving Size: 1 cup

Nutrition:

Calories: 200	Fat: 7
Carbs: 21	Fiber: 2
Sugar: 3	Protein: 13