

# ASPGU Pasta

ASPGY? That's not a typo. It's simply the acronym for Apples, Spinach, Pine Nuts, Gorgonzola and Yogurt Pasta. It's a delicious, and not too rich, yogurt-based, Gorgonzola pasta. The sauce cradles baby spinach and Granny Smith apples. It's topped with toasted pine nuts and fresh tomato. OMG it's good!

**Preparation time: 40 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients so they are easy to add. You'll appreciate having everything at your fingertips. Prep a total of 3/4 C. chopped onion today: 1/4 C. in the Gorgonzola sauce and 1/2 C. in the pasta. Note: After you prep the apples, cover them with 1 C. water and 2 tsp. lemon juice.

### Gorgonzola Sauce

1 tsp. olive oil  
1 clove garlic (smashed and chopped)  
1/2 C. white wine  
1/4 C. yellow onion (finely-chopped)

1 -1/2 C. low-sodium veggie broth  
1-1/2 tsp. dried oregano  
1 bay leaf

2 T. cornstarch  
mixed with  
1/2 C. water

3 T. crumbled Gorgonzola cheese  
2 T. plain, nonfat yogurt (stirred smooth)

### Pasta Assembly

1-1/2 C. dry, whole wheat spiral pasta

3 C. baby spinach leaves (well washed)  
2 tsp. olive oil  
2 tsp. balsamic vinegar  
1 T. low-sodium vegetable broth

1 tsp. olive oil  
1-1/2 C. Granny Smith apples (or other tart apple - cored and chopped)  
1/2 C. yellow onion (chopped)

#### Garnish:

2 T. shredded Parmesan  
1 large Roma tomato (chopped)  
3 T. pine nuts (toasted)

### Salad and Dressing

#### Fixings for a green salad

#### Honey Mustard Dressing:

2 T. olive oil  
3 T. balsamic vinegar  
1 tsp. prepared mustard  
1 tsp. honey  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1/3 C. low-sodium vegetable broth



## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Start by making the Gorgonzola sauce. It will hold nicely until you're ready to use it in the final assembly.

### Gorgonzola Sauce

1. Brown the chopped garlic in oil in a medium-sized saucepan. Add white wine and cook over medium heat for 3 minutes.
2. Add onion and sauté until onion turns translucent.
3. Add broth, dried oregano and bay leaf to pan and bring to boil. Reduce heat and simmer 5-minutes.
4. Return mixture to a boil. Slowly stir cornstarch/water mixture into sauce until it begins to thicken. Reduce heat to low and cook 5-more minutes.
5. Add Gorgonzola and stir well. Remove from heat and set aside.
6. Wait to add yogurt just before serving.

### Salads and Dressing

Assemble individual side salads.

#### Quick Honey Mustard Dressing:

Combine all ingredients in a jar with a tight-fitting lid and shake well. Transfer to a serving pitcher.

### Pasta Assembly/Plate

1. Drop pasta into boiling water and set timer for 8-minutes. When done, reserve 1/2 C. starchy pasta cooking water and then drain and rinse pasta.
2. Place spinach in a large bowl. Mix oil, vinegar and broth in a small bowl and pour over spinach. Toss well and set aside.
3. Drain liquid off chopped apples. Sauté apple and chopped onion in oil until onion becomes translucent. Add reserved pasta cooking water to the apples and onions and toss over medium heat for about a minute. Return sauce to a boil and then remove from heat.
4. Stir yogurt into sauce and measure 1-1/2 C. sauce into pan with apple mixture. Toss sauce and apple mixture with cooked pasta.
5. Measure 1 C. of the dressed spinach into pasta and toss well.

#### Plate Meal:

Divide remaining 2 C. dressed spinach between two dinner plates. Create a space in the center of each plate and spoon 2 C. pasta into open space. Garnish servings with Parmesan, chopped tomato and toasted pine nuts. Serve salads and dressing on the side.

### What I've Learned from this Recipe

This yogurt-based cream sauce is rich tasting and refreshing. It's significantly lower-in-fat than a conventional Béchamel or white sauce.

Let us know what you think and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)