

## **Asparagus Pasta Salad**

- \* 1 1/4 pounds fresh Michigan asparagus or 2 cups (12-ounce package) frozen Michigan asparagus cuts and tips
- \* 1 cup small shell pasta
- \* 1/2 cup sliced carrots
- \* 1/2 cup finely chopped onions
- \* 1/4 cup chopped red sweet pepper
- \* 1 teaspoon oregano
- \* 1/2 teaspoon celery seeds
- \* 1/2 cup reduced-calorie Italian dressing

Trim, wash and cut fresh asparagus into 1-inch pieces. Steam about 5 minutes or until just crisp-tender. Quickly cool in ice water and drain. If using frozen asparagus, thaw, drain and cut into 1-inch pieces. Cook pasta according to package directions. Rinse with cold water, drain and cool. Combine all ingredients. Place in airtight container. Chill thoroughly or overnight before serving.