

Fettuccine and Vegetables Parmesan Recipe of the Month – May 2013



Serve up a nutrient-packed meatless noontime meal with broccoli, peas, carrots and pasta.

Prep Time: 15 Min

Start to Finish: 30 Min

Makes: 4 servings (1 1/2 cups each)

INGREDIENTS

8 oz. uncooked fettuccine or linguine
1 cup fresh broccoli florets
1 cup fresh cauliflower florets
1 cup frozen sweet peas, rinsed to separate
2 medium carrots, thinly sliced (1 cup)
1 small onion, chopped (1/4 cup)
1 tablespoon butter or stick margarine
3/4 cup evaporated fat-free milk (from 12-oz can)
1/3 cup grated Parmesan cheese
1/2 teaspoon garlic salt
1/8 teaspoon ground nutmeg, if desired
Dash pepper

DIRECTIONS

1. Cook fettuccine as directed on package, omitting salt and adding broccoli, cauliflower, peas, carrots and onion for last 3 minutes of cooking. Drain; return to saucepan and keep warm.
2. Meanwhile, in 10-inch skillet, heat butter and milk over medium heat, stirring frequently, until butter is melted and mixture starts to bubble. Reduce heat to low. Simmer uncovered 3 to 4 minutes, stirring frequently, until slightly thickened. Remove from heat. Stir in cheese, garlic salt, nutmeg and pepper.
3. Stir cheese mixture into pasta mixture.

Recipe Provides: Dairy 1/2c, Fats & Oils 1tsp, Grains 2oz-equivalents, Vegetables 1c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	370	Calories from Fat:	80
Total Fat:	9 g	Saturated Fat:	4 g	Cholesterol:	60 mg
Sodium:	410 mg	Total Carbohydrate:	55 g	Dietary Fiber:	5 g
Sugars:	11 g	Protein:	17 g		



This recipe has been adapted from WWW.eatbetterearly.com