

Pasta- Bow Ties Alfredo with Ham and Peas

¾ pound bow tie pasta
1 cup frozen peas
2 tablespoons all purpose flour
1 cup milk
1 tablespoon salted butter (or margarine)
3 cloves garlic, chopped
4 ounces nonfat cream cheese
¼ cup grated Parmesan cheese
¾ teaspoon salt
¼ teaspoon black pepper
¼ pound lean sliced ham, cut into slivers

1. Bring large pot lightly salted water to boiling for pasta. Add pasta; cook 12 minutes or until firm but tender. Add peas for last 3 minutes of cooking. Reserve ½ cup of pasta cooking water; drain pasta.
2. Meanwhile, shake together flour and milk in jar with tight fitting lid until blended. Heat butter in saucepan over medium heat. Add garlic; saute 1 minute
3. Whisk in milk mixture. Simmer 3 minutes. Whisk in cream cheese, 2 tablespoons Parmesan, salt and pepper. Simmer, whisking, 2 minutes. Remove from heat.
4. Toss together pasta, sauce and ham in large bowl. Add ¼ to ½ cup of reserved pasta water, tossing to make creamy sauce. Top with remaining Parmesan. Serve hot.

Per Serving: 360 calories, 7 g fat (3 g saturated), 19 g protein, 55 g carbohydrates, 788 mg sodium, 26 mg cholesterol.