

Pasta and Smoked Mozzarella

1 pound penne
1 bunch (1 pound) broccoli, trimmed
¼ cup unsalted butter
½ cup all purpose flour
1 quart low fat milk (1%)
1 ½ teaspoons salt
¾ teaspoon pepper
¼ teaspoon ground nutmeg
1/8 teaspoon hot pepper sauce
2 cups cooked turkey chunks
1 pound smoked mozzarella, diced

1. Heat oven to 375 degrees. Coat 13X9X2 inch baking dish with cooking spray.
2. Bring large pot of water to boiling. Cook penne according to package directions.
3. Cut broccoli stems and flowerets into small pieces. Add to pasta cooking water for last 2 minutes of cooking. Drain pasta and broccoli. Rinse under cold water to stop cooking.
4. Meanwhile, prepare sauce: Melt butter in medium size saucepan. Stir in flour until blended. Gradually whisk in milk, salt, pepper, nutmeg and pepper sauce until smooth. Cook, stirring, until thickened and bubbly, 2 to 3 minutes. Remove from heat.