

## **Pasta Primavera**

12 ounces linguine or eggless fettucine pasta  
2 cups small broccoli florets (about 1/3 of a large bunch)  
1 large carrot diced (3/4 cup)  
2 medium zucchini, quartered crosswise and cut in thin sticks (1 1/2 cups)  
1 large red bell pepper, quartered and cut crosswise in thin strips (1 1/4 cups)  
1/2 cup frozen green peas

### **Sauce**

2 tablespoons all-purpose flour  
1 cup each chicken broth and 1% fat milk  
1/4 teaspoon each salt and pepper  
1/4 cup grated parmesan cheese

1. Cook pasta in a large pot of boiling lightly salted water 5 minutes less than directed on package.
2. Add broccoli and carrot and cook, stirring once or twice, 2 minutes. Add remaining vegetables and cook 2 to 3 minutes longer until vegetables and pasta are tender. Drain.
3. Meanwhile make Sauce: Put flour in a medium saucepan. Slowly whisk in broth and milk until blended, making sure to get into corners of pot. Stir in salt and pepper. Bring to boil over medium-high heat, whisking often. Reduce heat to low and simmer 2 to 3 minutes, stirring constantly, until thickened. Stir in cheese.
4. Pour over drained vegetables and pasta. Toss to mix and coat.

Serves 5. Per serving: 355 cal, 16 g protein, 65 g carbohydrates, 3 g fat, 5 mg cholesterol, 680 mg sodium.  
Exchanges: 1 starch, 1/4 low-fat milk, 3/4 vegetable, 1/4 high fat meat, 3 fat.