



Creamy Veggie Pasta

 10 minutes preparation + 10 minutes cooking.

 10 serves of vegetables

A great tasting lower-fat version of cream-based pasta sauce.

INGREDIENTS

350g penne pasta
1 onion, diced
2 cloves garlic, chopped
150g lean leg ham, sliced
250g mushrooms, sliced
1 bunch English spinach, thoroughly washed, drained and chopped
1 red capsicum, seeded and sliced
375ml can low-fat evaporated milk
2 teaspoons cornflour
2 tablespoons parsley, chopped



DIRECTIONS

Cook pasta according to packet directions and drain. Saute onion and garlic in a non-stick pan with a little water until onion is soft. Add ham and mushrooms and cook until mushrooms are golden brown, adding a little water if necessary. Add spinach and capsicum, cooking until spinach is wilted. Add milk to vegetables and heat through. In a small bowl mix cornflour with a little water to a smooth paste. Add to vegetable mixture. Place pasta in a large serving bowl. Pour vegetable mixture, add parsley and cheese and toss well. Serve immediately. Serves 4.

HINT

For a vegetarian meal, substitute extra mushrooms for ham.

SERVING SUGGESTION

Serve with a green salad.

WHAT IS A SERVE?

Fruit



1 medium piece
(e.g. apple)

2 small pieces
(e.g. apricots)

1 cup chopped
or canned fruit

Vegetable



1/2 cup cooked
vegetables or cooked
legumes

1 medium
potato

1 cup salad
vegetables



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