

Fettuccine Carbonara

INGREDIENTS:

1/2 lb. Fettuccine, uncooked
1 Cup of frozen peas
1/4 Cup of Cream cheese spread
1/4 Cup of Caesar dressing
1 tbsp. of flour
1 Cup of fat-free Milk
6 oz. Smoked ham, cut into strips
3 tbsp. of Parmesan Cheese

NUTRITION:

Calories 390

Fat 9g

Carbs 55g

Sugar 8g

Fiber 3g

Protein 23g

COOK pasta as directed on package, adding peas to the boiling water for the last 3 min.; drain.

MEANWHILE, beat cream cheese spread, dressing and flour in medium saucepan with wire whisk until well blended. Gradually add milk, stirring constantly until mixture is well blended. Add ham; cook on medium-low heat 5 min. or until heated through, stirring occasionally.

DRAIN pasta mixture; return to saucepan. Add sauce mixture; mix lightly. Cook an additional 2 to 3 min. or until heated through, stirring occasionally. Top with parsley (optional) and Parmesan cheese.

Prep Time:
10 minutes

Total Time:
20 minutes

Makes:
4 Servings, 1-1/4 cup each

