

Spinach Fettuccine with Peas, Butter and Parmesan

Spinach fettuccine is super nutritious because it's made with the colorful green vegetable. It also makes for a great presentation. In this dish, a light butter sauce is accented with bright green peas and Parmesan cheese.

Serves 4

Prep time: 5 minutes

Cooking time: 10 minutes

12 ounces spinach fettuccine

1 cup frozen green peas, keep frozen until ready to use

1 cup reduced-sodium chicken broth

3 tablespoons unsalted butter

1/2 cup shredded Parmesan cheese

Cook the fettuccine according to the package directions, adding the peas for the last 30 seconds of cooking. Drain and set aside.

Meanwhile, combine the broth and butter in a large saucepan. Set the pan over medium heat and bring to a simmer. Simmer for 3 minutes, until the butter melts. Add the cooked fettuccine and Parmesan and cook for 1 minute, until the cheese starts to melt (the cheese doesn't need to melt completely). Season to taste with salt and freshly ground black pepper.

Nutrients per serving: Calories: 400, Fat: 15g, Saturated Fat: 8g, Cholesterol: 34mg, Carbohydrate: 52g, Protein: 16g, Fiber: 4g, Sodium: 471mg