

EVERBLOSSOM FARM RECIPES

SPINACH LINGUINE WITH HAM AND BROCCOLI BY JODÉ LEMMON

If you're a carb-counter, this recipe may not be for you. However, if you hate the term carb-counter, but still like healthy food, you may enjoy this reduced-fat, high-fiber version of a creamy pasta dish. It uses the abundant **broccoli** in your box this week.

Spinach Linguine with Ham and Broccoli

Serves 4

2 teaspoons olive oil
2 ounces cooked ham, cut in ½" pieces
3 garlic cloves, minced
3 tablespoons all-purpose flour
2 ½ cups low-fat (1%) milk
salt & pepper
2 ounces reduced-fat bar cream cheese
10 ounces spinach linguine
1 head or bunch of broccoli cut into bite-sized pieces
3 tablespoons grated Parmesan cheese

In a large sauce pan, heat oil over medium heat. Add ham and cook, stirring occasionally until it starts to brown, about 3 minutes. Add garlic, and stirring often, cook for another minute. Stir in flour and cook for 1 minute.

Stir in milk and season with salt and pepper. Cook, stirring often, until mixture is slightly thickened, about 5 minutes. Stir in cream cheese; cook until melted.

Meanwhile in a large pot of boiling water, cook pasta until al dente, adding broccoli during final 3 minutes. Drain; transfer pasta and broccoli to large bowl. Add cream-cheese sauce and Parmesan. Toss to combine. Serve immediately.

Kitchen Notes: Save time by cooking your broccoli and pasta together in the same pot. You'll have one less pot to clean.

Per serving: 481 calories; 11.3 grams fat; 23.8 grams protein; 72 grams carbohydrates; 10.6 grams fiber.

FROM OUR FIELD TO YOUR FAMILY, SERVING SUGGESTIONS FOR THE NATURALLY-GROWN VEGETABLES WE ALL LOVE.

