Tortellini Primavera

Makes: 5 servings (1⅛ cups)
Estimated time: 25 minutes
Cost per serving: about 2 dollars

Ingredients:
1 14 oz reduced-sodium chicken broth
2 Tb all purpose flour
1 Tb olive oil
3 cloves garlic
¾ c shredded Parmesan cheese
1 Tb nutmeg
Pinch of salt
16 oz bag of mixed vegetables (broccoli, cauliflower, carrots, sugar snap peas)
16 oz package frozen cheese tortellini

1. Put a large pot of water on to boil

2. Meanwhile, whisk broth and flour in small bowl. Heat oil in a large skillet over medium heat. Add garlic and cook, stirring until just beginning to brown, 1 to 2 minutes. Add the broth mixture to the pan, bring to a boil and cook, stirring occasionally, until the sauce is thick enough to coat the back of a spoon, about 3 minutes. Remove from the heat and stir in cheese, nutmeg and salt.

3. Add tortellini and vegetables to the boiling water; return the water to a simmer and cook until the vegetables and tortellini are tender, 3 to 5 minutes. Drain; add to the pan with the sauce and stir to coat.

Per Serving: 424 calories; 15 g fat (8 g sat, 4 g mono); 68mg cholesterol; 55 g carbohydrate; 14 g protein; 5 g fiber; 566mg sodium