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Because the first Wealth, is Health!

Pasta with peas, prosciutto & basil



cream sauce



Ingredients:

170g of your favourite pasta
1 cup fresh or frozen (thawed) peas
1 340g can of non-fat evaporated milk
1 tablespoon all-purpose flour
2 tablespoons fresh basil, chopped
1 clove garlic, smashed and minced
1/4 cup shredded Parmesan cheese
55g prosciutto, chopped

1. Cook pasta according to package instructions, drain, then set aside in a serving bowl.
2. While the pasta is cooking, add about 1/2 cup of water and bring to boil in a medium saucepan. Cook peas for 10 minutes then drain and discard remaining water in saucepan. Return peas to saucepan.
3. In a small bowl, whisk together the milk and flour, then pour over the peas. Add the basil and garlic then stir to combine. Raise heat to medium and stir until thickened.
4. Add the Parmesan cheese and prosciutto and continue stirring until cheese is melted and mixture is combined then pour over the pasta.
5. Toss pasta until well-coated with the sauce then serve with Parmesan cheese, black pepper or fresh basil.

Serves 4.

331 calories per serving.

4 g fat per serving.

Run your own weight loss challenge – Agents Needed!