

Quick & Healthy Meal Ideas

From the EWSNetwork kitchen to yours... specifically designed after a long day at work!

Tortellini Primavera

Ingredients

- 1 14-oz can vegetable or chicken broth (reduced sodium)
- 2 tbsp all-purpose flour
- 1 tbsp extra-virgin olive oil
- 3 cloves garlic, sliced
- 1 cup shredded fontina cheese or 3/4 cup shredded Parmesan cheese
- 1 tbsp tarragon, dill, chives (chopped)
- Salt and pepper to taste
- 4 cups chopped vegetables (broccoli, carrots and snap peas), or 16-oz bag frozen mixed vegetables
- 1 16-oz package frozen cheese tortellini



Instructions

1. Put a large pot of water on to boil.
2. Meanwhile, whisk broth and flour in a 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, tarragon (or dill or chives) and salt.
3. Add vegetables and tortellini 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.

Nutritional Info (per serving)	Calories: 424
Fat: 15g	Saturated Fat: 4g
Protein: 14g	Carbohydrates: 14g
Fiber: 5g	Sodium: 321mg

Eating Well. (2010). Tortellini primavera. Retrieved from <http://www.eatingwell.com/>