

Creamy Garlic Penne Pasta (Makes 16 servings)

- 1 pound penne pasta, (whole wheat recommended)
cooked as directed, drained and kept hot
- 2 Tablespoons olive oil
- 2 cloves garlic, minced
- 2 Tablespoons flour
- $\frac{3}{4}$ cup reduced sodium broth (chicken or vegetable)
- $\frac{3}{4}$ cup skim milk
- 2 teaspoons parsley flakes
- $\frac{1}{2}$ teaspoon salt
- Ground pepper to taste
- $\frac{1}{3}$ cup grated Parmesan cheese

Cook pasta, drain, set aside and keep warm. Combine oil and garlic in medium sauce pan over medium heat; cook for 1 minute. Stir in flour and cook for 1 minute, stirring constantly. Stir in broth and milk and cook, stirring frequently, until sauce boils and thickens. Add parsley, salt, pepper and cheese; stir until cheese is melted. Toss hot pasta with sauce and serve immediately.



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Nutrition Information

Per serving (1/2 cup): Calories: 132, Fat: 3 gm; Saturated Fat: 0.6 gm; Carbohydrate: 22 gm; Sodium: 136 mg;
Fiber: 1 gm

*For more information about UW Health Heart, Vascular and Thoracic Care please visit [uwhealth.org/heartandvascular](https://www.uwhealth.org/heartandvascular).
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