



Creamy One-Pot Pasta

This one-pot wonder combines slivered garlic and fresh vegetables for a light pasta dish your family will be sure to request again.



- 4 large garlic cloves, peeled
- 1 jar (7 oz) sun-dried tomatoes in oil, undrained
- 3 cans (14.5 oz each) chicken broth (5¼ cups)
- 1 lb uncooked penne pasta
- 1 head broccoli (2 cups small florets)
- 2 medium carrots, peeled
- 4 oz reduced-fat cream cheese (Neufchâtel)
- ¼ tsp salt
- ½ tsp coarsely ground black pepper
- Grated fresh Parmesan cheese and snipped fresh basil (optional)

1. Thinly slice garlic using **Color Coated Paring Knife**. Place garlic and 1 tbsp oil from sun-dried tomatoes into **(8-qt.) Stockpot**. Cook garlic over medium heat 2-3 minutes or until garlic is golden brown, stirring occasionally. Remove from heat; add broth. Return to burner; increase heat to high. Cover and bring to a boil. Stir in pasta; cover and simmer vigorously 8-10 minutes or until pasta is almost cooked but still firm, stirring occasionally using **Mega Scraper**.
2. Meanwhile, cut broccoli into small florets; place into **Classic Batter Bowl**. Cut carrots in half lengthwise; thinly slice crosswise on a bias using **Santoku Knife**. Drain sun-dried tomatoes; pat dry with a paper towel. Slice tomatoes into thin strips. Add carrots and tomatoes to batter bowl.
3. Cut cream cheese into cubes. Add vegetables, cream cheese, salt and black pepper to Stockpot. Stir until cream cheese is melted and fully incorporated. Reduce heat to medium; cover and cook an additional 2-4 minutes or until vegetables are tender. Serve immediately in **Simple Additions® Dots Large Round Bowl**. If desired, top with grated fresh Parmesan cheese and snipped fresh basil.

Yield: 6 servings

Light Nutrients per serving: Calories 410, Total Fat 11 g, Saturated Fat 4 g, Cholesterol 15 mg, Carbohydrate 65 g, Protein 15 g, Sodium 1000 mg, Fiber 5 g

Cook's Tips: For an interesting flavor twist, omit salt, black pepper, Parmesan cheese and basil. Add 1 tbsp **Moroccan Rub** or **Greek Rub**.

For a heartier version of this recipe, add grilled turkey Italian sausage or sliced grilled chicken breasts to pasta.

If desired, 2 cups halved cherry tomatoes can be substituted for the sun-dried tomatoes.