FETTUCCINI

SERVES 6

Preparation time: 20 minutes
Cook time: 20 minutes

INGREDIENTS

- 1 box whole wheat fettuccini or linguini noodles
- 2 teaspoons minced garlic, fresh or jarred
- Olive or Vegetable oil
- 1 cup carrots, diced or shredded
- 2 cups chicken broth
- 2 cups chopped broccoli
- ½ cup Parmesan cheese
- 2 teaspoons powdered ranch dip mix
- 1-2 cups cooked chicken (or turkey, shrimp, lean sausage, etc.)
- ¼ teaspoon Italian seasoning or basil

DIRECTIONS

1. Cook noodles according to package. This can be done ahead of time if desired.
2. Sauté garlic in oil. Add carrots and a dash of broth. Cover to steam about 1 minute.
3. Add chopped broccoli. Cover 1-2 minutes, adding additional broth if needed.
4. Add noodles, Parmesan, dip mix, Italian seasoning, meat, and remaining broth. Mix and heat through.

SIMPLY GOOD EATING

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