



Tortellini Primavera

Ingredients *Serves 5*

1 14-ounce can vegetable broth or reduced-sodium chicken broth
2 tablespoons all-purpose flour
1 tablespoon extra-virgin olive oil
3 cloves garlic, sliced
1 cup shredded fontina cheese or 3/4 cup shredded Parmesan cheese

4 cups chopped vegetables, such as broccoli, carrots, and snap peas, or 16-ounce bag frozen mixed vegetables
1 tablespoon chopped fresh tarragon, dill or chives or 1 teaspoon dried tarragon
1 16-ounce package frozen cheese tortellini
1/8 teaspoon salt

Preparation *Total Time: 25 minutes*

STEP 1: Put a large pot of water on to boil.

STEP 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.

STEP 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.

Nutrition *Per Serving*

426 Calories, Total Fat: 15 g, Saturated Fat: 8 g, Cholesterol: 68 mg, Carbohydrates: 55 g, Fiber: 5 g, Total Sugars: 5 g, Added Sugars: 0 g, Protein: 15 g, Sodium: 609 mg, Potassium: 342 mg, Folate: 116 mcg

Calcium: 300 mg