

Tortellini Primavera with Shrimp

Quick and Healthy: 25 minutes

- 1 14 oz can reduced-sodium chicken broth
- 2 tablespoons all-purpose flour
- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, sliced
- $\frac{3}{4}$ cup shredded Parmesan cheese
- 1 teaspoon dried tarragon, dill or chives
- $\frac{1}{8}$ teaspoon salt
- 6 cups steamed vegetables (broccoli, carrots, snap peas) – try steamer or frozen bags of veggies
- 1 16 oz package of refrigerated cheese tortellini
- 1 lb shrimp, cooked, peeled and deveined

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, 1-2 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 and dried tarragon, dill or chives and salt.
3. Steam or microwave vegetables.
4. Add tortellini and shrimp to the boiling water; return the water to a simmer and cook until the tortellini is tender (about 3-5 minutes). Drain; add to the pan with the sauce and stir to coat.

Serves 7-8 1-1 $\frac{1}{4}$ cup servings
Adapted from *EatingWell*

Nutritional analysis per serving: calories 390, calories from fat 80, total fat 9g, saturated fat 3g, trans fat 0g, cholesterol 125mg, sodium 680mg, total carbohydrate 47g, dietary fiber 4g, sugars 7g, protein 28g, vitamin A 40%, vitamin C 15%, calcium 25%, iron 20%