



**CREAMY LINGUINE WITH PEAS, CARROTS, AND PROSCIUTTO**

- 1 oz. prosciutto (about 3 slices)
- 1 cup 1% low-fat milk
- $\frac{3}{4}$  cup unsalted chicken stock
- 1 Tbsp. all-purpose flour
- $\frac{1}{2}$  tsp. black pepper
- $\frac{1}{2}$  tsp. grated lemon rind
- $\frac{1}{4}$  tsp. kosher salt
- 3 oz.  $\frac{1}{3}$ -less-fat cream cheese
- 2 qt. water
- 7 oz. uncooked whole-grain linguine
- 1 cup chopped carrots
- 1 cup frozen English peas
- $\frac{1}{4}$  cup shaved Parmesan cheese
- 2 Tbsp. finely chopped fresh parsley

1. Place prosciutto in a single layer on a plate lined with paper towels. Cover with another layer of paper towels. Microwave at HIGH until crisp, about  $1\frac{1}{2}$  minutes. Let stand 2 minutes; crumble into large pieces.
2. Bring milk, stock, and flour to a boil in a large skillet over medium-high. Cook, stirring often, until thickened, about 3 minutes. Stir in pepper, rind, salt, and cream cheese. Reduce heat to low; keep warm.
3. Bring 2 quarts water to a boil in a Dutch oven. Add pasta and carrots; cook 4 minutes. Add peas; cook until pasta is tender, about 3 minutes. Drain pasta mixture; add to sauce in skillet, and toss to coat. Sprinkle with prosciutto, Parmesan, and parsley.

➤ **SERVES 4** (serving size: about  $\frac{1}{4}$  cups)  
**CALORIES** 338; **FAT** 8.8g (sat 4g, mono 1.7g, poly 1.1g); **PROTEIN** 16g; **CARB** 18g; **FIBER** 8g; **SUGARS** 11g (est. added sugars 0g); **CHOL** 26mg; **IRON** 1mg; **SODIUM** 564mg; **CALC** 154mg

**cheesy chicken cutlets with ham and jam**

*This recipe is a play on chicken cordon bleu that's far easier to prepare. Instead of stuffing chicken breasts with ham and cheese, we broil cutlets until done and simply top them with ham, cheese, and a touch of jam. We also tested the dish with cheddar, which you could use in a pinch, but the nutty, tangy flavor of Havarti makes it feel more special.*

- 4 (4-oz.) chicken breast cutlets
- $\frac{3}{4}$  tsp. black pepper

- $\frac{1}{4}$  tsp. kosher salt
- 2 tsp. canola oil
- $\frac{1}{4}$  cup blackberry jam
- 2 oz. thinly sliced reduced-sodium deli ham
- $\frac{1}{4}$  cup chopped scallions
- 2 oz. reduced-fat Havarti cheese, thinly sliced

1. Preheat broiler to high with oven rack 6 inches from heat.
2. Sprinkle chicken with pepper and salt. Heat oil in a large ovenproof skillet over medium-high. Add chicken, and cook until done, 3 to 4 minutes per side. Top

evenly with jam, ham, scallions, and cheese. Transfer skillet to oven; broil until cheese browns, 2 to 3 minutes.

➤ **SERVES 4** (serving size: 1 cutlet)  
**CALORIES** 266; **FAT** 8g (sat 2.6g, mono 3g, poly 1.2g); **PROTEIN** 32g; **CARB** 15g; **FIBER** 0g; **SUGARS** 13g (est. added sugars 13g); **CHOL** 98mg; **IRON** 1mg; **SODIUM** 374mg; **CALC** 134mg



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