

## Fast and Light Fettuccine

12 oz. fettuccine style noodles  
1 tsp. minced garlic  
1 tsp. all purpose flour  
1/2 c. chicken broth (canned broth, or bouillon)  
1 tsp. basil  
1 tsp. oregano  
1/2 c. plain yogurt or light sour cream  
2 tsp. fat-free parmesan cheese

Cook pasta in boiling water for 5-7 minutes or until slightly tender. Drain. Whisk together flour, garlic and broth in microwave safe bowl. Heat until broth begins to bubble, about two minutes. Using a microwave safe casserole dish, add sauce to pasta with basil & oregano. Toss well to mix. Stir in sour cream or yogurt. Sprinkle with parmesan cheese. Microwave this mixture for two minutes on high. Transfer to warm platter.

Try adding 1/2 cup of sliced mushrooms, 1/2 cup broccoli or bell peppers to the broth mixture before cooking (and you will need to add another vegetable to the count).

Serving size is 1/2 cup fettuccini. Serve with 3-4 ounces chicken breast or grilled pork chops. Also have a garden salad with shredded carrots, sliced cucumbers and a light dressing (Just 2 Good).

| Starch | Fruit | Milk | Veg | Meat | Fat |
|--------|-------|------|-----|------|-----|
| 1      | 0     | 0    | 1   | 1    | 2   |