

Penne with Zucchini and Yogurt

Ingredients:

12 ounces high protein penne
2 pounds zucchini, 4 medium
1 tablespoon no Trans fat margarine
1 cup plain, non fat Greek yogurt
 $\frac{1}{2}$ cup freshly grated parmesan cheese
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{2}$ cup reduced sodium, fat free chicken broth
Sea salt and fresh black pepper

Directions:

Shred zucchini in food processor or with hand grater. Set aside

Cook pasta in large pot of water until al dente, for about 5 minutes. Add shredded zucchini to pasta for 1 more minute, drain pasta and zucchini. Cover and set aside.

In sauté pan, melt margarine, remove from heat. Add Greek yogurt and parmesan cheese, mixing well. Add nutmeg and season with salt and pepper.

Add chicken broth to pasta and zucchini. Add yogurt-cheese sauce, tossing well to coat pasta.

Serves: 4

Calorie per serving: 440

Calorie equivalent: 2 carbohydrates, 4 oz. protein, 1 vegetable

