

BLT Pasta

I created this recipe for my friend, the Fresh Grocer, Tony Tantillo. It's an Italian spin on classic American flavors of bacon, lettuce, and tomatoes. I also added fresh fennel for extra flavor and texture.

Serves 6

Ingredients

2 tablespoons olive oil
1 small onion, peeled and thinly sliced
2 cloves garlic, chopped
1 small fennel bulb, thinly sliced
1 teaspoon red pepper flakes
½ teaspoon salt
¼ teaspoon freshly grated black pepper
½ pound prosciutto, fat trimmed, thinly sliced
1 pint grape or cherry tomatoes, cut in half
6 ounces reduced fat cream cheese, room temperature
1 pound pasta, cooked according to the package instructions
¾ - 1 cup non-fat, reduced sodium chicken broth
2 cups baby arugula
¼ cup grated Parmesan

Directions

In a large skillet warm the olive oil over medium-high heat. Add the onions, garlic, fennel, and red pepper flakes. Cook 8-10 minutes until the onions and fennel soften. Stir in the prosciutto and tomatoes. Cook 1-2 minutes until the prosciutto becomes fragrant and begins to soften. Stir in the cream cheese until it begins to melt and coat the fennel.

Add the pasta and chicken broth. Stir well to combine and cook an additional minute until the pasta is well coated in the sauce. Stir in a arugula and Parmesan. Serve immediately.

Make It A Meal

Orange Sherbet

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