

Speedy Ziti

Yield: 4 servings

Ingredients:

1 10-ounce package frozen lima beans
1 pound ziti pasta, uncooked
2 teaspoons butter or margarine
1 medium onion, chopped
2 tablespoons Dijon mustard
2 tablespoons all-purpose flour
2 cups low-sodium chicken broth, preheated
¼ cup lemon juice
¼ cup fresh parsley, chopped
12 ounces chopped, cooked ham (preferably prosciutto)
salt and freshly ground black pepper to taste

Procedure:

Prepare the lima beans according to package directions and set aside. As the pasta begins cooking, melt the butter over medium heat in a large skillet. Add the onion and cook for three minutes. Stir in the mustard and flour, mix well and increase heat to medium-high. Gradually whisk in the chicken broth and bring it quickly to a boil before stirring in the lemon juice, limas, parsley and ham. Toss pasta with the sauce, season with salt and pepper and serve.

about 750
calories and
14 grams of
fat per
serving

A serving of Speedy Ziti also contains about 40 percent of the recommended daily iron and 30 percent of the recommended daily vitamin C. You can pare down the recipe's calorie and fat content by using chicken and green peas in place of the ham and lima beans.



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