

Recipe: FUSILLI w/BLUE CHEESE & TOASTED WALNUTS

From: Good Housekeeping 4/2000 Makes: 4 main dish

Prep: 10 minutes

Cook: 15 minutes

1 16 oz pkg fusilli or corkscrew pasta

2/3 cup half & half or light cream

3/4 cup (3oz) crumbled blue cheese + add 1

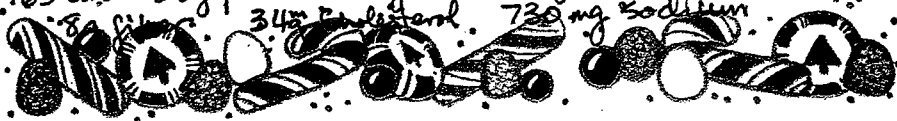
1/4 cup (1oz) for garnish

1 10 oz frozen peas pkg, thawed

3/4 cup walnuts, toasted & chopped

fresh parsley for garnish

765 cal 28g protein 101g carb 28g fat (4 saturated) ©CURRENT, INC.
8g fiber 34g cholesterol 730mg sodium



- 1) Cook fusilli in salted water according to instructions.
- 2) In 1-qt saucepan heat half & half, 1/4 tsp salt and 1/3 cup water to simmering over medium heat. Stir in 3/4 cup crumbled blue cheese; heat through.
- 3) Place peas in colander. Drain fusilli over peas.
- 4) In large serving bowl, toss pasta, peas & blue cheese sauce w/walnuts. Sprinkle w/ remaining 1/4 cup blue cheese & parsley sprigs.