



**PREP/TOTAL TIME**  
25 min.

**YIELD** 6 servings

**NUTRITION FACTS**

One serving  
(1-1/3 cups) equals:  
334 calories  
8 g fat  
1 g saturated fat  
29 mg cholesterol  
876 mg sodium  
46 g carbohydrate  
3 g fiber  
21 g protein

**DIABETIC EXCHANGES**

2 starch  
2 lean meat  
1 fat  
1/2 vegetable

# Ham Mushroom Fettuccine

*I like the fact that I can make this creamy pasta toss in about half an hour, yet it tastes like I spent hours in the kitchen. It's also a great way to use up leftover ham.*

Michelle Armistead, Keyport, New Jersey

- 12 ounces uncooked fettuccine
- 3/4 pound fully cooked lean ham, cubed
- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 1/2 pound fresh mushrooms, sliced
- 1 tablespoon all-purpose flour
- 1/2 teaspoon dried rosemary, crushed
- 1/4 teaspoon pepper
- 1-1/4 cups fat-free evaporated milk
- 1/2 cup frozen peas, thawed
- 2 tablespoons reduced-fat cream

1. Cook fettuccine according to package directions. Meanwhile, in a large skillet, saute ham in oil until lightly browned. Remove with a slotted spoon and set aside. Add onion to skillet; saute for 4 minutes. Add mushrooms; saute 3 minutes longer.

2. Stir in the flour, rosemary and pepper until blended. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; add peas and sour cream. Cook 2 minutes longer. Drain fettuccine; stir into the mushroom mixture. Add ham; heat through.

