ham and cheesy pasta with crisp green salad

TOTAL TIME

25 minutes

MAKES 4 SERVINGS

APRON'S ADVICE

This is a one-pan pasta dish; no boiling water or draining required.

SHOPPING LIST

Dairy
1 tbsp garlic butter
1 (10-oz) container refrigerated light Alfredo sauce

Deli
1/2 lb Dubliner" Irish cheese
8 (1-oz) slices tavern ham

Dry Grocery
3 tbsp diced pimientos
1/4 cup lite raspberry walnut vinaigrette
8 oz mostaccioli rigate pasta (1/2 box)
1/4 cup seasoned croutons

Produce
6 cups (3/4 package) European salad blend
1/2 cup grape tomatoes
3 green onions
4 oz (1/2 package) sliced mushrooms

Suggested Items
Irish soda bread
cupcakes
Irish beer

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COOKING SEQUENCE

- Prepare pasta through step 2 - 10 minutes
- While pasta cooks, prepare salad; complete pasta and serve - 15 minutes

ham and cheesy pasta

INGREDIENTS

3 green onions
1 tablespoon garlic butter
4 ounces sliced mushrooms (1/2 package)
2 cups water
1 (10-ounce) container refrigerated light Alfredo sauce
8 ounces mostaccioli rigate pasta (1/2 box)
1/2 pound Dubliner™ Irish cheese
8 (1-ounce) slices Deli tavern ham
3 tablespoons diced pimientos

STEPS

1. Preheat large saucepan on medium-high 2–3 minutes. Chop (rinsed) green onions into 1/4-inch pieces, including up to half of green tops (2 tablespoons). 2. Melt butter in pan; add green onions and (rinsed) mushrooms. Cook 3 minutes, stirring occasionally. Stir in water, Alfredo sauce and pasta; cover and bring to boil. Once mixture boils, cook 8–10 minutes, stirring often, until most of liquid is absorbed. 3. Grate cheese using food processor (or hand grater). Slice ham into 1 1/2-inch strips (about the same size as pasta). Remove pasta from heat; stir in cheese, ham and pimentos. Serve. CALORIES (per 1/4 recipe) 646kcal; FAT 31g; CHOL 108mg; SODIUM 1245mg; CARB 51g; FIBER 2g; PROTEIN 39g; VIT A 28%; VIT C 20%; CALC 62%; IRON 15%

crisp green salad

INGREDIENTS

6 cups European salad blend (3/4 package)
1/2 cup grape tomatoes
1/4 cup seasoned croutons
1/4 cup lite raspberry walnut vinaigrette

STEPS

1. Combine salad blend, (rinsed) tomatoes and croutons in salad bowl. 2. Add dressing and toss to mix well. Serve. CALORIES (per 1/4 recipe) 69kcal; FAT 4g; CHOL 0mg; SODIUM 112mg; CARB 8g; FIBER 1g; PROTEIN 1g; VIT A 15%; VIT C 16%; CALC 1%; IRON 2%

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