JENNI MARIE'S TEST KITCHEN

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Creamy Italian Herb Pasta

Serves 3 people

Equipment Needed:

- **Kitchen Scale**
- **Measuring Cups & Spoons**
- **Rubber Spatula or Wooden Spoon**
- **Cutting Board & Chef's Knife**
- **Pourable Glass Measuring Cup**
- **Large Skillet**

Directions:

1). Gather all equipment & ingredients. Heat skillet over medium high heat. Add olive oil to skillet, followed by uncooked pasta. Sauté pasta for a minute or two, stirring frequently, until it starts to turn golden brown. Whisk in chicken broth and garlic powder. Bring to a boil, and simmer on medium heat until most of the liquid has evaporated (approx. 7-9 minutes).

- ***2 T. (30ml.) Low FODMAP Garlic Oil or Regular Olive Oil***
- ***1.5 C. (5.5oz.) Barilla Protein+ Elbow Macaroni (or pasta of choice)***
- ***2 C. (16 oz.) Chicken Broth (I recommend using Better Than Boullion)***
- ***2 t. Garlic Replacer (or 1/2 t. garlic powder)***

2). Once the pasta is cooked and most of the liquid has evaporated, reduce heat to medium low and stir in heavy cream. Add Shredded parmesan and continue to stir until it's fully melted/incorporated. Reduce heat to low and stir in Italian seasoning, butter, lemon juice, and fresh parsley. Season with a pinch of salt & pepper, remove from heat, and serve immediately. Garnish with a little bit of shredded parmesan. This dish pairs well with steamed broccoli and garlic bread. You can also add some marinated grilled chicken breast for extra protein. Enjoy!

- ***1/3 C. (3oz.) Heavy Cream (sub with 1/4 C. (2oz.) half & half)***
- ***1/3 C. (40g.) Shredded Parmesan Cheese***
- ***1/4 t. Italian Seasoning***
- ***2 T. (28g.) Salted Butter***
- ***2 t. Lemon Juice***
- ***2 t. Fresh Chopped Parsley***
- ***Pinch of Salt & Pepper***