

CHEESY PASTA

Serves 2

Ingredients

- 1/2 pack Low calorie soft cheese (eg Philadelphia)
- I/2 vegetable stock cube to make 100ml stock
- Chopped vegetables (eg pepper, courgette, celery, mushrooms, frozen vet)
- ½ onion
- 150gm of dried pasta
- Slice of ham (optional)

Method

- 1. Put water on to boil (in a pan big enough to let the pasta double in size)
- 2. When water boils put pasta in to cook. Usually takes 10-12 minutes or you can check on the packet for timing. When ready will be soft enough to let you easily cut with the side of your fork
- 3. Finely chop onion and fry for about three minutes
- 4. Add in other vegetables (see above) and continue to fry for another five minutes
- 5. Add in stock and allow vegetables to simmer for five minutes, or until cooked through
- 6. Add Philadelphia cheese and stir until smooth
- 7. Add in ham (optional)
- 8. When pasta ready, drain and add into sauce

For a bit more taste you can add a little bit of wholegrain mustard, some honey, black pepper, some herbs.

