



Decadent Tortellini Primavera

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 5 servings.

This decadent tortellini with spinach, mushrooms and tomatoes always brings compliments. Dressed up with fresh Parmesan cheese, no one even notices it's meatless! —Susie Pietrowski, Belton, Texas

Ingredients

1 package (19 ounces) frozen cheese tortellini

1/2 pound sliced fresh mushrooms

1 small onion, chopped

2 teaspoons butter

2 garlic cloves, minced

2/3 cup fat-free milk

1 package (8 ounces) fat-free cream cheese, cubed

1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry

1 teaspoon Italian seasoning

1 large tomato, chopped

1/4 cup shredded Parmesan cheese

Directions

1. Cook tortellini according to package directions. Meanwhile, in a large nonstick skillet coated with cooking spray, saute mushrooms and onion in butter until tender. Add garlic; cook 1 minute longer. Stir in milk; heat through. Stir in cream cheese until blended. Add spinach and Italian seasoning; heat through.

2. Drain tortellini; toss with sauce and tomato. Sprinkle with Parmesan cheese.

Nutrition Facts

1-1/4 cups: 341 calories, 10g fat (5g saturated fat), 28mg cholesterol, 671mg sodium, 41g carbohydrate (6g sugars, 4g fiber), 23g protein. **Diabetic Exchanges:** 2-1/2 starch, 2 lean meat, 1 vegetable.