



Pasta Vegetables that Kids will Eat!

For the Pasta:

2 T. olive oil

1 tsp. minced garlic

¼ cup minced onion

¼ cup heavy cream

1 cup milk

1 cup creamy goat cheese or cream cheese

2 T. chicken base or 2 bouillon cubes

1 T. cornstarch mixed with 1 T. cold water to make a slurry

1 cup diced, cooked, chicken

1 cup peas

1 cup diced zucchini

2 cups cooked pasta

Salt and pepper to taste

4 cups cooked pasta

In a medium saucepan, heat oil and sauté garlic and shallots for about three minutes over high heat, stirring regularly. Add cream, milk, cheese, and bouillon. Bring to a simmer stirring constantly until cheese is melted. When sauce is simmering, add slurry. Add remaining ingredients, toss well and enjoy!