



# PARMESAN GARLIC LINGUINE PASTA

September 15

National Linguine Day

## INGREDIENTS

- 1 Pound Linguine (enriched or whole grain rich)
- 2 Tablespoons Olive Oil
- 4-5 Cloves Garlic (minced or pressed)
- 8 Ounces Cream Cheese (softened and cut into smaller cubes)
- ½ Cup Parmesan cheese (plus more for topping)
- 2-3 Tablespoons Heavy Cream
- 1 Cup Water

## DIRECTIONS

1. Cook the pasta according to the package directions.
2. Add the olive oil and garlic to same hot pan over low heat. Cook for 3-4 minutes or until garlic starts to brown and becomes fragrant, but don't let it burn!
3. Add the cream cheese, stirring while it heats and melts, approximately 3-4 minutes.
4. When melted, whisk in the Parmesan cheese, heavy cream and water until blended.
5. Toss the cooked pasta with the creamy sauce.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Lunch/Supper

## YIELD

2½ Cups

## PORTION SIZES

| Toddler | Preschool | School Age | Adult |
|---------|-----------|------------|-------|
| ¼ Cup   | ¼ Cup     | ½ Cup      | 1 Cup |