

## Fettuccine in Salsa Rosa

*We know what you're thinking: "Whipping cream! Oh, my gosh, think of the fat!" Fat has a great satiety factor and keeps you feeling full much longer. Just pair it with a large green salad and eat this wonderful meal in moderation!*

Serves: 4

### Ingredients

- 16 ounces DeBoles Spinach Fettuccine (This is Barb's favorite pasta!)
- 16 ounces ham (We like Applegate Farms organic ham.)
- ½ cup butter
- 1 small onion, chopped
- 1 teaspoon dried parsley
- 2 cloves garlic, minced
- 8 ounces mushrooms, sliced
- ½ cup red wine
- 25 ounces marinara sauce (Muir Glen makes excellent organic pasta sauces.)
- ½ cup whipping cream
- 1 cup Romano cheese

### Directions

1. Cut ham in ½ inch cubes.
2. Heat butter in Dutch oven over medium heat. Cook onion, parsley and garlic for 5 minutes, or until soft.
3. Add ham, mushrooms and wine. Stir frequently and cook for approximately ten minutes, until wine has evaporated.
4. Stir in marinara sauce and cook for another ten minutes.
5. Add cream. Stir until smooth and simmer ten more minutes.
6. Meanwhile, cook the pasta according to the package direction. Toss the pasta with the sauce and the Romano Cheese.

