

# Penne Florentine

This dish is a creamy, satisfying meal in itself.



## INGREDIENTS

(Makes 2 - 4 Servings)

<b>U.S. Butter, unsalted</b>	<b>30g</b>
Flour, all purpose	15g
<b>U.S. Milk, whole</b>	<b>250ml</b>
<b>U.S. Cream Cheese, softened</b>	<b>100g</b>
<b>U.S. Monterey Jack Cheese, shredded</b>	<b>100g</b>
Salt & Pepper	To taste
Olive oil, pure	15ml
Garlic, crushed	7g
Spinach	150g
Penne, cooked al dente, drained	200g

## NUTRITIONAL CONTENT

Per 100g

<b>Calories</b>	234kcal
<b>Total Fat</b>	13g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	33mg
<b>Total Carbohydrates</b>	21g
Dietary Fiber	1g
Sugars	3g
<b>Protein</b>	8g
Calcium	152mg
Magnesium	33mg
Phosphorus	131mg
Potassium	195mg
Sodium	125mg
Iron	1mg
Vitamin A	1985IU
Vitamin C	5mg

## PREPARATION

- 1. Melt butter in preheated saucepan, cook flour lightly over a low heat stirring occasionally for 5 minutes.**
- 2. Add milk slowly, stirring while heating.**
- 3. When sauce starts to thicken, slowly add ½ the Monterey Jack cheese, mix until smooth.**
- 4. Add cream cheese, blend thoroughly.**
- 5. Remove from heat, season with salt and pepper.**
- 6. Pour olive oil in a heated sauté pan then add spinach, crushed garlic, and boiled penne.**
- 7. When the spinach wilts, pour on cheese sauce, mix well and transfer to oven proof serving dish.**
- 8. Top with remaining shredded Monterey Jack cheese.**
- 9. Bake for 25 minutes at 180°C (355°F). Garnish and serve.**  
*(For a different flavor, try adding cooked chicken or bacon. You can replace spinach with broccoli or asparagus. Or add more flavors with herbs like basil, thyme and parsley.)*

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.