

# Tortellini with Ham and Peas in Bechamel Sauce

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## Servings: 4

*1 package (7 ounce)  
tortellini  
6 thin slices ham, cut into  
1/2-inch long slivers  
1 1/2 cups frozen green  
peas  
3 tablespoons butter  
1/4 cup flour  
2 cups chicken broth  
1/8 teaspoon nutmeg  
1/2 teaspoon salt  
1/2 teaspoon freshly ground  
pepper  
1 cup heavy cream*

Prepare the tortellini according to package directions.

Steam the peas.

Place the tortellini in a serving dish. Place the ham and peas over the top.

In a heavy saucepan, melt the butter. Stir in the flour. Cook for 2 to 3 minutes or until smooth and golden. Remove from the heat. Add the chicken broth. Stir vigorously. Return the saucepan to the heat. Stir with a wire whisk until smooth and thick. Simmer for 3 to 4 minutes.

Season with nutmeg, salt and pepper. Add the cream. Keep just below a simmer for several minutes to blend the flavors. Pour over the tortellini, ham and peas.

Serve immediately.

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Per Serving (excluding unknown items): 800 Calories; 54g Fat (61.4% calories from fat); 46g Protein; 31g Carbohydrate; 3g Dietary Fiber; 235mg Cholesterol; 3571mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 1/2 Lean Meat; 0 Non-Fat Milk; 7 1/2 Fat.