

**Creamy Carrot and Herb Linguini** (Light & Delicious, Main Courses)

6 oz. uncooked whole-wheat linguini  
2 cups carrot noodles and ribbons  
¼ cup water  
2 Tbsp. flour  
2 cups low-fat milk  
2 Tbsp. Halladay's Chardonnay Seasoning  
½ cup parmesan, grated

Cook pasta according to package directions, adding carrots during last 3 minutes of cooking; drain. Heat a skillet over medium-low. Whisk flour and seasoning together with ¼ cup water and add to skillet. Slowly add milk, whisking constantly; bring to a simmer. Cook 5 minutes or until reduced to about 1 ½ cups; whisk in cheese. Toss with pasta mixture to coat. Let sit 5-10 minutes before serving.