Recipe of Cheesy Pasta, Veggie & Egg Skillet Meal

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For another quick-and-easy dinner, Cheesy Pasta, Veggie & Egg Skillet Meal starts with quick-cooking pasta and a medley of colorful vegetables. It's nipped with your choice of tarragon or marjoram and gooey with cottage cheese. Below is the recipe
Recipe of Cheesy Pasta, Veggie & Egg Skillet Meal Ingredients :

• 4 eggs
• 2 cups fresh steamed or thawed frozen broccoli, cauliflower and carrot vegetable blend (about 9 oz.)
• 1 teaspoon tarragon or marjoram leaves, crushed
• 2 cups low-fat (1 or 2%) cottage cheese
• Cooking spray
• 1 package (7 oz.) small shell pasta (conchiglie)

Recipe of Cheesy Pasta, Veggie & Egg Skillet Meal Methods :

1. Cook pasta according to package directions. Drain thoroughly
2. Meanwhile, evenly coat 10-inch non-stick omelet pan or skillet with spray
3. Add drained pasta. Stir in cheese and tarragon until pasta is evenly coated with cheese.
4. Add steamed or thawed vegetables. Stir until evenly coated with cheese.
5. Cook over medium heat, stirring occasionally, until heated through and mixture begins to sizzle, about 5 to 10 minutes.
6. With back of spoon, gently make 4 indentations in pasta mixture.
7. Break and slip an egg into each indentation.
8. Cover and cook until whites are completely set and yolks begin to thicken but are not hard, about 5 to 7 minutes.