

## **Fettuccini Almost Alfredo**

### **Ingredients**

12 ounces whole grain fettuccini noodles (OR bean, edamame)  
6 oz ( $\frac{3}{4}$  cup) grated Parmesan

### **Sauce:**

8 oz (1 cup) nonfat ricotta  
6 oz ( $\frac{3}{4}$  cup) skim milk  
 $\frac{1}{2}$  oz (1 Tbsp) butter flavored sprinkles (like Molly McButter), optional  
 $\frac{3}{4}$  tsp ground white pepper  
Pinch of nutmeg  
Garlic powder to taste, optional

### **Instructions**

Cook the pasta al dente according to package directions; drain well. Return the pasta to the pot, and cover to keep warm.

While the pasta is cooking, combine the ricotta, skim milk, butter-flavored sprinkles, and white pepper in a blender or food processor and process until smooth. Pour the mixture into a 1-quart saucepan. Place over low heat; stir constantly until the mixture is heated through. DO NOT allow the sauce to boil.

Pour the sauce over the pasta. Add the Parmesan and toss gently to mix well. Serve immediately.

### **Makes 6 servings**

### **Nutrition Analysis:**

Calories: 270 (15% from fat)

Fat: 5 grams (3 sat)

Carbohydrates: 43 grams

Protein: 18 grams

Sodium: 565 mg

Fiber: 4 grams

Cholesterol: 13 mg

Exchange system: 3 starches, 1  $\frac{1}{2}$  protein

If your plan doesn't allow for 3 starches, serve half portions and add veggies (ex. 2 cups steamed broccoli, or other low-starch vegetable)

From fellow HAP associate and ADA spokesperson, Bethany Thayer RD  
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