LOW FAT FETTUCCINI ALFREDO

SERVES 12

INGREDIENTS

2 tablespoons olive oil
2 tablespoons chopped garlic
1/4 cup chopped parsley
2 cups water or 1 - 15 ounce can reduced sodium chicken broth
16 ounces fat-free noodles
2 cups fresh vegetables, chopped (broccoli, zucchini, onion, peppers, mushrooms)
3 cups skim milk, divided
1/4 cup grated parmesan cheese
2 tablespoons cornstarch

DIRECTIONS

1. In a large pan, cook garlic in oil.
2. Before garlic begins to brown, add parsley.
3. Add water or chicken broth. Then add noodles.
4. Cover and cook over medium-low heat until noodles are about half done.
5. Add vegetables and cook for about 3 minutes.
7. Continue to stir while adding cheese.
8. Reduce heat to low.
9. Dissolve cornstarch in remaining cup of milk. Add to pan and cook until pasta thickens.

NUTRITION INFORMATION:

Calories: 634
Fat: 10 grams
Saturated Fat: 2.2 grams
Trans Fat: 0 grams
Cholesterol: 9 milligrams
Carbohydrates: 104.9 grams
Dietary Fiber: 10.7 grams
Protein: 27.1 grams
Sodium: 649 milligrams
Vitamin A: 14%
Calcium: 34%
Vitamin C: 18%
Iron: 7%

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