



weekend

easy

## QUICK FETTUCCINE ALFREDO

8 ounces whole-wheat fettuccine  
1 tablespoon butter  
1 clove garlic minced  
 $\frac{3}{4}$  cup nonfat plain Greek yogurt  
 $\frac{3}{4}$  cup shredded Parmesan cheese divided  
1 tablespoon chopped fresh parsley  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon freshly ground pepper  
 $\frac{1}{8}$  teaspoon ground nutmeg

Cook pasta in a pot of boiling water according to package directions. Drain, reserving  $\frac{1}{2}$  cup of the cooking water.

Melt butter in a large saucepan over medium heat. Add garlic and cook for 1 minute. Stir in the reserved pasta water and remove from heat. Whisk in yogurt,  $\frac{1}{2}$  cup Parmesan, parsley, salt, pepper and nutmeg. Add the fettuccine and combine well. Serve topped with the remaining  $\frac{1}{4}$  cup Parmesan.

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Serves 4  
Active Time: 20m  
Total Time: 20m

## NUTRITION FACTS

Calories: 312  
Total Fat: 8g  
Saturated Fat: 5g  
Monounsaturated Fat: 2g  
Cholesterol: 21mg  
Sodium: 421mg  
Carbohydrates: 45g  
Dietary Fiber: 7g  
Total Sugars: 4g  
Added Sugars: 0g  
Protein: 18g  
Potassium: 207mg