



# Pasta Alfredo

## INGREDIENTS:

1/2 package	Whole grain pasta (3 1/2 cups dry)
2 Tablespoons	Vegetable oil
2 teaspoons	Garlic powder or minced garlic
1/4 cup	Water
1 cup	Plain yogurt (not vanilla)
1/2 cup	Parmesan cheese
To taste	Pepper

## DIRECTIONS:

1. Follow the package directions to prepare pasta in a large sauce pan.
2. Pour vegetable oil into a small sauce pan over medium heat.
3. Add garlic powder and stir until you can smell the garlic, about 45 seconds.
4. Add parmesan cheese, water, yogurt, and pepper to the pan. Stir until mixed.
5. Turn down the heat if sauce begins to simmer. Remove from heat once sauce is warm.
6. Pour over cooked pasta.

## RECIPE TIPS:

- Add cooked chicken for more protein.
- Add cooked frozen or canned veggies for a one pot meal.
- To prepare the sauce in a microwave, use a large glass bowl. Heat the sauce for 20 seconds, then stir. Repeat until the sauce is warm.

**SERVING SIZE:** 1/3 cup sauce,  
3/4 cup cooked pasta  
**SERVINGS:** 4  
**PREPARATION TIME:** 5 minutes  
**COOK TIME:** 5 minutes



## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>320</b>
<b>Total fat</b>	12g
Saturated fat	3g
<b>Cholesterol</b>	10mg
<b>Sodium</b>	232mg
<b>Total Carbohydrate</b>	43g
Fiber	4g
Sugar	6g
Includes 0g of Added Sugars	
<b>Protein</b>	17g
<b>Phosphorus</b>	148mg
<b>Potassium</b>	138mg
<b>Calcium</b>	225mg
<b>Iron</b>	2mg

## EQUIPMENT NEEDED:

- Stove or microwave
- Large and small sauce pans
- Measuring cups and spoons

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: [www.healthyshelves.org](http://www.healthyshelves.org)