Pasta Alfredo

**INGREDIENTS:**

- 1/2 package Whole grain pasta (3 ½ 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

**NUTRITION FACTS:**

**SERVING SIZE:** 1/3 cup sauce, 3/4 cup cooked pasta

**SERVINGS:** 4

**PREPARATION TIME:** 5 minutes

**COOK TIME:** 5 minutes

**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.

**EQUIPMENT NEEDED:**

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

Recipe submitted by Mount Mary University Dietetics Department

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