

Fettuccine Alfredo

This creamy pasta provides more than 20 g of protein per serving.



Ingredients:

1 lb	Fettuccine	454 g
4 Tbsp	Canola oil	60 mL
6 Tbsp	All-purpose flour	90 mL
3 cups	Evaporated milk	750 mL
2 cloves	Garlic, minced	2 cloves
1 tsp	Salt	5 mL
½ tsp	Pepper	2 mL
¼ tsp	Nutmeg	1 mL
1 cup	Parmesan cheese, grated	250 mL

Directions:

1. In a large pot, bring water to a boil.
2. Add fettuccine and cook for 10–15 minutes or until tender but still firm. Drain well.
3. Meanwhile in a non-stick saucepan, heat oil over medium heat. Add flour and stir until smooth.
4. Add evaporated milk, minced garlic, salt, and pepper. Stir.
5. Cook sauce until it starts to boil.
6. Add nutmeg and parmesan cheese and stir until combined.
7. Remove sauce from heat. Add water if sauce is too thick.
8. Combine pasta and sauce. Garnish with extra cheese and chopped parsley if desired.
Serve.

Makes 8 servings (250 mL/ 1 cup/ 283 g)

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Nutrition Facts

Per 1/8 of recipe (250 mL/ 1 cup/ 283 g)

Amount	% Daily Value
Calories 410	
Fat 12 g	18 %
Saturated 3 g	15 %
+ Trans 0 g	
Cholesterol 15 mg	
Sodium 450 mg	19 %
Carbohydrate 59 g	20 %
Fibre 5 g	20 %
Sugars 12 g	
Protein 21 g	
Vitamin A	15 %
Vitamin C	50 %
Calcium	40 %
Iron	15 %