



Fettuccine Alfredo

Ingredients *Serves 2*

$\frac{3}{4}$ cup vegetable broth or reduced-sodium chicken broth	2 tablespoons reduced-fat sour cream
4 large cloves garlic, peeled	Pinch of freshly grated nutmeg
4 ounces whole-wheat fettuccine	$\frac{1}{8}$ teaspoon freshly ground pepper, or to taste
1 small zucchini, cut into matchsticks	$\frac{3}{4}$ cup freshly grated Parmesan cheese, divided
2 teaspoons cornstarch, mixed with 1 tablespoon water	1 tablespoon chopped fresh parsley

Preparation *Total Time: 35 minutes*

STEP 1: Bring a large saucepan of water to a boil. Combine broth and garlic cloves in a small saucepan; bring to a boil over high heat. Cover, reduce heat to a simmer, and cook until the garlic cloves are soft, about 15 minutes.

STEP 2: After the garlic has simmered about 10 minutes, cook fettuccine in the boiling water, stirring often, for 8 minutes. Drop in zucchini and cook until the fettuccine is just tender, about 1 minute more.

STEP 3: Meanwhile, transfer the garlic and broth to a blender. Process until the mixture is smooth, about 1 minute. (Use caution when blending hot liquids.) Return the mixture to the pot and bring to a simmer over medium-high heat. Add cornstarch mixture; whisk it until slightly thickened, about 15 seconds. Remove from the heat and whisk in sour cream, nutmeg, and pepper. Return the pot to very low heat to keep the sauce warm. (Do not boil.)

STEP 4: Drain the pasta and place in a large bowl. Add the sauce and $\frac{1}{2}$ cup Parmesan; toss to coat well. Sprinkle with parsley and serve immediately, passing the remaining $\frac{1}{4}$ cup Parmesan separately.

Nutrition *Per Serving*

381 Calories, Total Fat: 12 g, Saturated Fat: 6 g, Cholesterol: 32 mg, Carbohydrates: 55 g, Fiber: 6 g, Total Sugars: 5 g, Protein: 18 g, Sodium: 771 mg, Potassium: 522 mg, Iron: 3 mg, Folate: 58 mcg, Vitamin A: 905 IU, Vitamin C: 16 mg

Calcium: 308 mg