



Low-fat Cracked Pepper Fettuccine

Recipe courtesy Chef Bryan Woolley

- 1 cup fat free sour cream
- 1 Tbsp skim milk
- 1 tbsp cracked pepper
- 1 tbsp olive oil
- ¼ cup minced onion
- 2 cloves garlic, minced
- 4 cups cooked spinach fettuccine, prepared without fat or salt
- 2 Tbsp fresh grated Parmesan cheese
- 1 ½ Tbsp chopped fresh parsley

Combine sour cream, milk and pepper in bowl; set aside.

Heat olive oil in large non-stick skillet over medium heat. Add onion and garlic, sauté for about 3 minutes. Remove from heat. Add pasta and sour cream mixture, toss well. Sprinkle with parsley and cheese. Serve immediately. Makes 4 servings.

Tip: add 1 cup of steamed broccoli, peas or chopped asparagus for extra flavor and nutrition.

Nutrition Facts

Serving size: ¼ recipe	
Calories	290
Total Fat	6g
Saturated Fat	1.5g
Cholesterol	55mg
Sodium	160mg
Carbohydrates	48g
Dietary Fiber	3g
Protein	11g

Diabetic Exchanges

Protein	1.5
Fat	1
Carbohydrates	3