

Low-Fat Alfredo Sauce with Pasta

Makes: 4 Servings

This sauce is made with 1% low-fat ULTRA HIGH TEMPERATURE(UHT) milk. UHT milk does not need refrigeration before it's opened. It can be used whenever fresh milk is called for. Refrigerate the milk after opening it.

Ingredients

- 1 cup** 1% low-fat UHT milk
- 1 cup** low-fat cottage cheese
- 1** egg yolk
- 1/2 teaspoon** black pepper
- 1 tablespoon** margarine
- 1/4 cup** Parmesan cheese (grated)
- 1/2 pound** whole grain pasta (like rotini or spaghetti)

Directions

1. In a blender, combine cottage cheese, milk, egg yolk, and pepper. Blend until smooth.
2. In small saucepan, melt margarine over low heat. Add cottage cheese/milk/egg mixture and continue cooking over low heat, stirring occasionally. Stir in Parmesan cheese.

Nutrition Information

Nutrients	Amount
Calories	330
Total Fat	8 g
Saturated Fat	3 g
Cholesterol	65 mg
Sodium	360 mg
Total Carbohydrate	48 g
Dietary Fiber	6 g
Total Sugars	5 mg
Added Sugars included	N/A
Protein	21 g
Vitamin D	N/A
Calcium	207 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	

3. Cook pasta according to package directions and drain.
Toss with sauce and serve.

Source: Recipe adapted from Food.com