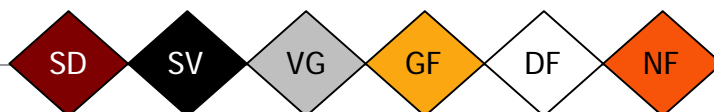


Healthy Swaps Fettuccini Alfredo

(*see dietary notes)

Recipe by: Chef Kelly Yorke



Fettuccini Alfredo is a dish that originated from Rome Italy during the 1920's. It features pasta strings coated in a decadently rich sauce made of butter, cream, and cheese. It's easy to imagine why this classic dish has been dubbed, "a heart attack on a plate" and why it should be eaten only as an occasional indulgence. However, with a few "Healthy Swaps" this delicious recipe version for Fettuccini Alfredo can be easily made and enjoyed at home much more frequently - and without guilt!

Ingredients:

6 oz.	Yellow Summer Squash or Zucchini, cut into 1/4-inch lengthwise strips (about one medium squash)
3 oz.	Dry Fettuccini pasta, whole wheat or tri-color vegetable variety, or 5 oz. fresh fettuccini pasta
1 cup	Evaporated 2% milk (not condensed milk, which contains lots of added sugar)
1 Tbsp.	Unsalted butter
1/8 tsp.	Fresh grated nutmeg
1/8 tsp.	Garlic powder
1/8 tsp.	Freshly ground black pepper
2 tsp.	Tapioca Starch (also called Tapioca Flour)
2 oz.	Parmigiano Reggiano Cheese, grated fine (about 1 cup)
2 Tbsp.	Fresh Parsley, chopped

Directions:

1. Bring 2 quarts water and 1 tablespoon of salt to a boil in a large pot.
2. Rinse zucchini, trim off end tips, slice lengthwise into 1/8-inch thick planks. Slice planks into approximately 1/4-inch thick (fettuccini-like strips).
3. Add the dry pasta to the water and boil for about 5 minutes (boil only about 1 minute if using fresh pasta). Add the squash strips to the water with the pasta and continue to cook for another 2 minutes or until the squash is softened and the pasta is al dente.
4. Ladle out about 1/2 cup of the pasta water and set it aside.
5. Drain the pasta and squash strips and then return them to the large pot (off the heat) and cover to keep warm.
6. Meanwhile, in a small saucepot bring 3/4 cup of the evaporated milk, the butter, nutmeg, garlic powder and pepper to a simmer.
7. In a separate small container or bowl make "slurry" by whisking the tapioca starch and the remaining 1/4 cup of milk together until well blended. Whisk the slurry into the simmering milk mixture and continue to simmer and stir constantly until the sauce has thickened, about 1 minute.
8. Remove pot from heat and whisk in the grated Parmigiano Reggiano cheese and parsley until the cheese has melted.
9. Pour the warm sauce over the warm pasta and zucchini. Lightly toss mixture until the pasta is evenly coated with the sauce. Add some or all of the reserved warm pasta water, as desired, to adjust the texture of the sauce so it is loose and silky.

This dish will become more congealed as it cools, therefore it is best when served immediately and on warm plates or bowls as an appetizer or side.

Double this recipe to serve it as a hearty main dish.

YIELD: 4 appetizer or side sized servings

*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), replace the evaporated milk with 1 cup rice milk, replace butter with 1 Tablespoon of Earth Balance Vegan Buttery Sticks product, replace Parmigiano Reggiano cheese with 1 cup shredded mozzarella-like vegan cheese substitute. Prepare recipe and top with a sprinkling of Parma! Vegan Parmesan topping (available at www.veganesentials.com and many local specialty health food stores).
- To make gluten-free (GF), replace pasta that contains any wheat, barley, or rye with 3 ounces of a dry gluten-free pasta product or 6 ounces of a fresh gluten-free pasta product.
- To make nut-free (NF), read all food labels to ensure there are no tree nuts declared in the ingredient lists.

Per Healthy Swap Serving: 222 Calories, 25g Carbohydrates, 8g Fat, 13g Protein, 2g Dietary Fiber, 30mg Cholesterol, 294mg Sodium

Average traditional homemade & restaurant recipe is typically very high in calories, fat, carbohydrates, and sodium with per serving: 900 to 1220 calories, 69-81g fat, 70-100g carbohydrates, and 700-1350mg sodium!