

Dinner Movie Eat Pray Love Healthy Fettucini Alfredo - The Basic Art of Dinner

Fettucini Alfredo is a classic Italian dish that is both delicious and comforting. It is made with a creamy Alfredo sauce, which is typically made with butter, heavy cream, and Parmesan cheese. While the traditional Alfredo sauce is delicious, it is also very high in calories and fat. This recipe for a healthy fettucini Alfredo uses lighter ingredients, such as Greek yogurt and low-fat milk, to create a dish that is just as delicious but much better for you.



Dinner & A Movie-Eat, Pray Love & Healthy Fettucini Alfredo (The Basic Art of ..Dinner & A Movie Series

Book 1) by Maria Liberati

★★★★★ 5 out of 5

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Ingredients

- 1 pound fettuccine noodles
- 1 tablespoon olive oil

- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1/2 cup all-purpose flour
- 3 cups low-fat milk
- 1 cup grated Parmesan cheese
- 1/2 cup plain Greek yogurt
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Fresh parsley, for garnish

Instructions

1. Cook the fettuccine noodles according to the package directions.
2. While the noodles are cooking, heat the olive oil in a large skillet over medium heat. Add the onion and cook until softened, about 5 minutes.
3. Add the garlic and cook for 1 minute more.
4. Whisk in the flour and cook for 1 minute.
5. Gradually whisk in the milk until smooth. Bring to a simmer and cook for 5 minutes, or until the sauce has thickened.
6. Stir in the Parmesan cheese, Greek yogurt, salt, and pepper. Cook for 1 minute more, or until the cheese is melted and the sauce is well combined.
7. Drain the noodles and add them to the sauce. Stir to combine.

8. Garnish with fresh parsley and serve immediately.

Tips

- For a richer flavor, use freshly grated Parmesan cheese.
- If you don't have Greek yogurt, you can use sour cream instead.
- To make the dish even healthier, use whole-wheat fettuccine noodles.
- This dish can be served with a side of grilled chicken or fish.

This healthy fettucini Alfredo is a delicious and satisfying meal that is perfect for a romantic dinner or a cozy night in. It is made with lighter ingredients than the traditional Alfredo sauce, so it is lower in calories and fat, but it is just as delicious. So next time you're looking for a comforting and satisfying meal, give this healthy fettucini Alfredo a try.



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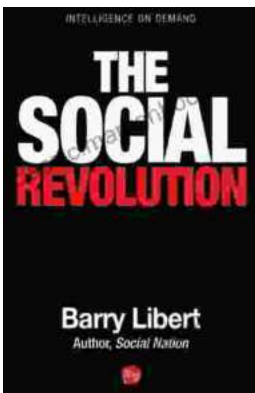
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