

Light and Creamy Fettuccini with Fresh Basil

Traditional fettuccini is oozing with fat from heavy cream, but this version is light and high in protein from the yogurt. Toss in grilled chicken and peas to make it a one-pot meal!

Serves 4

Ingredients

16 oz of Fettuccini
1/2 cup non-fat Greek or plain yogurt
1/4 cup basil leaves chopped
1/4 cup reduced-fat sour cream
2 tablespoons Parmesan
2 cloves of garlic, thinly slices
1 teaspoon olive oil
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
non-fat cooking spray

Directions

Cook pasta according to package directions and drain. Set aside. Coat a large skillet with cooking spray and place over medium-high heat and add the oil. Reduce the heat to low and combine the pasta, basil, yogurt, sour cream, Parmesan, salt, and pepper. Toss to combine and serve immediately.

Make It A Meal

Zucchini with Sage

Wine Pairing

Pinot Grigio, Chardonnay, Sauvignon Blanc