

Fettuccine with Cashew Cream

For a lo-co version of a pasta with cream sauce (made of heart-healthy cashews!) try Cooking Light's Fettuccine with Cashew Cream.

- The recipe calls for roasted cashews – I just lightly toast in toaster oven.
- To get in protein and veggies, I steam string beans or roast red peppers, then add them in (with some cooked chicken) during the final stirring step.

Cooking Light URL:

<http://www.myrecipes.com/recipe/fettuccine-with-cashew-cream>

Recipe on next page...

Fettuccine with Cashew Cream



Yield

4 servings (serving size: 1 1/3 cups)

MYRECIPES October 2002

COOKING LIGHT

Delicious, easy, and fast and much better for you than a creamy sauce like Alfredo. Cashew cream (a mixture of water and cashew nut butter) replaces the traditional heavy cream in this fettuccine recipe, with no loss of richness and an improved fat profile. In a typical fettuccine Alfredo, 60 percent of the fat is saturated; less than a quarter of the fat in the cashew cream is saturated.

Ingredients

1/2 cup roasted cashews

1 1/4 cups water

Cooking spray

3 garlic cloves, minced

4 cups hot cooked fettuccine (about 8 ounces uncooked pasta)

1/4 cup (1 ounce) grated fresh Parmesan cheese

1/4 teaspoon freshly ground black pepper

1/8 teaspoon salt

How to Make It

Step 1 Place cashews in a food processor; process until smooth (about 2 minutes), scraping sides of bowl once. With processor on, add water; process until smooth, scraping sides of bowl once.

Step 2 Place cashew cream in a small saucepan over medium-high heat. Bring to a boil, stirring occasionally with a whisk. Reduce heat; simmer 1 minute or until cream is thick.

Step 3 Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add garlic; sauté 30 seconds. Stir in cashew cream, pasta, cheese, pepper, and salt; cook until thoroughly heated.

Chef's Notes

MyRecipes is working with *Let's Move!*, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit www.choosemyplate.gov.

Nutritional Information

Calories 378, Calories from fat 35%, Fat 14.7g, Saturated fat 3.6g, Monounsaturated fat 7g, Polyunsaturated fat 1.9g, Protein 14.7g, Carbohydrate 51g, Fiber 2.7g, Cholesterol 6mg, Iron 3.5mg, Sodium 388mg, Calcium 128mg.