

Pasta Alfredo Light

Recipe By *Jamie Geller*



Cooking and Prep:  25
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Serves:  6

Contains: 

Preference: Dairy

Difficulty: Easy

Occasion: Shabbat, Shavuot,
Chanukah, Nine Days

Diet: Vegetarian

Source: Joy of Kosher with
Jamie Geller

Cuisines: Italian

My favorite pasta sauces are Alfredo and vodka, I even like them on zucchini noodles. I find it hard to choose between them and have been known to order both at restaurants. Hey, sometimes a girl just has to help herself! This lighter version of the classic Alfredo goes down just as smoothly as the original.

Ingredients (8)

Main ingredients

- 1 pound uncooked angel hair pasta
- 1 cup low-fat plain Greek yogurt
- 1 cup low-fat ricotta cheese
- 1/2 cup Parmesan cheese

- 2 tablespoons unsalted butter, melted
 - 1/2 teaspoon lemon zest
 - Haddar Kosher Salt
 - freshly ground Gefen Black Pepper
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Start Cooking

Prepare the Pasta

1. Bring a large pot of salted water to a boil and cook pasta according to package directions. Drain well, reserving about half cup of the pasta water.
2. In a blender or food processor, combine yogurt, ricotta, Parmesan, butter, and lemon zest. Blend for one to two minutes or until completely smooth. Stream in reserved pasta water to achieve desired taste and consistency.
3. Toss cheese and yogurt mixture with cooked pasta, return to the pot and cook over low heat for 5 minutes or until just warmed. Season with salt and pepper to taste. Divide between bowls and serve warm with homemade garlic bread.

Credit

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