Spaghetti Alfredo

Source: Recipe by Hana Kahleova, MD, PhD

This rich, yet healthy, dish avoids the fatty butter and cheese typically used in Alfredo sauce.

About the Recipe

315 Calories · 14 g Protein · 9 g Fiber
Dinner

Ingredients

Makes 2 Servings

- 1 onion, chopped
- 3 cloves garlic, finely chopped
- 1/16 c (15 mL) low-sodium vegetable broth
- 3/4 c (180 mL) low-fat nondairy milk
- 1/8 tsp (0.6 mL) iodized salt
- 1/2 head or 1 c (107 g) cauliflower, chopped
- 1 tbsp (15 mL) nutritional yeast
- 1/2 tbsp (7.5 mL) lemon juice
- 4 oz (113 g) dry whole-grain spaghetti

Directions

1. Saute the onion and garlic in the vegetable broth until golden brown, 3 to 4 minutes.
2. Add the nondairy milk and bring it to a boil. Add the salt and cauliflower and cook until the cauliflower is soft, about 7 minutes.
3. Transfer to a blender and add the nutritional yeast and lemon juice. Blend until smooth.

4. Boil the pasta al dente according to the package directions. Drain and pour the pasta into the pan with the sauce.
5. Stir and serve.
6. Note: You can use a spaghetti squash in place of whole-grain spaghetti. To prepare the spaghetti squash: Preheat the oven to 350 F (117 C). Carefully halve a raw spaghetti squash and remove the seeds with a large spoon. Place the halves on a baking sheet facing up. Sprinkle with black pepper to taste. Bake for about an hour, or until the inside strands can be easily pulled out with a fork. Use the fork to remove all "spaghetti" strands. Serve with Alfredo sauce above.

Nutrition Facts

Per serving (1/2 of recipe):

Calories: 364 kcal
Fat: 5 g
    Saturated Fat: 1 g
    Calories From Fat: 11%
Cholesterol: 0 mg
Protein: 17 g
Carbohydrates: 59 g
Sugar: 7 g
Fiber: 13 g
Sodium: 224 mg
Calcium: 178 mg
Iron: 4.3 mg
Vitamin C: 66 mg
Beta-Carotene: 21 mcg
Vitamin E: 0.5 mg