

Creamy Alfredo

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size: 1 ½ cups

Ingredients	Quantity	Measure
*Tofu, silken, drained	3	14 ounce packages
Garlic, fresh, minced	1	Tbsp.
Garlic, powder	2	tsp.
Onion, powder	1	Tbsp.
White pepper	2	tsp.
Salt	2	tsp.
Nutritional yeast	2	Tbsp.
Nondairy milk, unsweetened, divided	2	cups
Lemon juice, fresh	2	Tbsp.
Basil, fresh, finely chopped	2	Tbsp.
Tarragon, fresh, finely chopped	2	Tbsp.
Parsley, fresh, finely chopped	2	Tbsp.
Fettuccini or pasta of choice, cooked and drained (keep warm)	4	quarts
Pasta water	4	cups
Plant-Based Parmesan Cheese (Separate Recipe)	1	cup

Preparation

*Please see separate page for tofu instructions.

1. Place tofu in a blender or food processor. Add the garlic, garlic powder, onion powder, pepper, salt, nutritional yeast and 3/4 cup of the nondairy milk. Blend until very smooth and creamy while scraping the sides occasionally. Add more nondairy milk a little at a time to make the sauce to your desired thickness.
2. Pour the sauce into a medium size saucepan and keep over low heat. Add the lemon and chopped fresh herbs. Do not boil or cook too long (the sauce will turn lumpy and separate).
3. Remove from the stove but keep covered.
4. Place the hot pasta in the sauce with a little bit of water from the pasta and toss with the sauce. Serve immediately.



Creamy Alfredo Continued

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Nutrition Information *From USDA Nutrient Database

***Without Plant-Based Parmesan Cheese**

Calories: 374 Total Fat: 5.5g Saturated Fat: .5g Monounsaturated Fat: .6g Polyunsaturated Fat: 1.8g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 68.6g Fiber: 1g Total Sugars: 1.7g Protein: 12.6g Sodium: 509mg Vitamin A: 5µg Vitamin C: 2.7mg Calcium: 106mg Iron: 1.5mg Folate: 3µg