

Dijon Fettuccine



Serves 6

Ingredients:

- ¼ cup light mayonnaise
- ¼ cup nonfat plain yoghurt
- 2 tsp Dijon mustard
- 2 tsp dried parsley
- 2 tsp chopped garlic
- 150 g fettuccini noodles, dry

Procedure:

- Mix mayonnaise, yoghurt, mustard, parsley and garlic to make the sauce.
- Set aside.
- Meanwhile, cook the fettuccini according to package directions, omitting oil and salt. Drain.
- Add the sauce to the noodles and toss.
- Cook on low until heated thoroughly.

Per serving:

- Calories: 144
- Protein: 4 gm
- Carbohydrates: 24 gm
- Fat: 4 gm

These rich-tasting noodles are a good side dish with chicken, pork, seafood or beef.