

Fettuccine with Yogurt Sauce



Serves 4

Ingredients:

- 500 g fettuccini
- 6 cloves garlic, minced
- 2 tbsp extra virgin olive oil
- 2 tbsp fresh parsley finely chopped
- 1 cup non-fat plain yogurt

Procedure:

- Cook the fettuccini according to the package instructions, and then drain well.
- Mix the garlic with the olive oil, parsley, and yogurt.
- Pour the yogurt mixture on the fettuccini, and mix well.
- Serve right away.

Per serving:

- Calories: 265
- Protein: 10 gm
- Carbohydrates: 40 gm
- Fat: 7 gm

This is a very delicious and very easy to make meal that everybody will enjoy.