

Pasta with Walnut Sauce



Serves 6

Ingredients:

- 500 g fettuccini
- 3 cloves garlic
- 2 tbsp fresh whole wheat bread crumbs
- 1 cup low-fat milk
- Salt and pepper to taste
- 3 tbsp extra virgin olive oil
- 1 cup whole walnuts
- 6 leaves fresh basil

Procedure:

- Cook the fettuccini according to package directions and drain.
- Process the garlic, bread crumbs, milk, salt and pepper, and olive oil in a food processor or blender until the consistency of cream.
- Pour the sauce over the hot pasta, and toss.
- Garnish with the whole walnuts and basil leaves, and top with Parmesan cheese if desired.

Per serving:

- Calories: 318
- Protein: 8 gm
- Carbohydrates: 29 gm
- Fat: 18 gm

Delightful and fulfilling!