



Ricotta Fettuccine Alfredo with Broccoli

Jacob · 30/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

4

Description

This ricotta Alfredo sauce is a lowfat alternative to traditional Alfredo sauce Most of the time I add chicken to make it a complete meal

Ingredients

— - 8 ounces fettuccini pasta - 2 cups fresh broccoli florets - 2 tablespoons butter - 2 tablespoons all-purpose flour - 2 cups skim milk - 1 cup part-skim ricotta cheese - 1/2 cup grated Parmesan cheese - 1/4 teaspoon salt - 1/4 teaspoon coarsely ground black pepper - 2 tablespoons chopped fresh parsley

Instructions

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Place broccoli in a steamer over 1 inch boiling water; cover. Cook until tender but still firm
2. 2 to 6 minutes. Drain. Melt butter in a saucepan over medium heat. Add flour and cook for 1 minute
3. stirring constantly. Gradually add milk
4. stirring with a whisk until blended. Cook
5. stirring constantly
6. until thick
7. about 15 minutes. Stir in ricotta cheese
8. Parmesan cheese
9. salt
10. and pepper. Cook until cheese melts
11. about 5 minutes. Stir in steamed broccoli and cooked pasta. Sprinkle with parsley.