



## Cottage Cheese Alfredo Sauce

Savannah · 29/09/2024



### Prep Time

25 mins

### Difficult

Medium

### Servings

6

### Description

This Alfredo sauce skips the heavy cream and butter but still allows for a taste of indulgence

### Ingredients

— - 1 ½ cups cottage cheese - 1 ½ cups evaporated milk - 3 ½ ounces freshly grated Parmesan cheese - ¼ teaspoon granulated garlic - 1 pinch ground white pepper - 1 tablespoon chopped fresh parsley

### Instructions

1. Add cottage cheese and evaporated milk to the jar of a Vitamix blender (or other high-powered blender); blend on high until smooth
2. about 30 seconds. Pour cottage cheese mixture into a sauce pan over medium high heat. Stir in Parmesan cheese. garlic
3. and white pepper. Cook
4. stirring often
5. until sauce has thickened
6. 15 to 20 minutes; stir in parsley. Cook's Note I use a Vitamix blender; results for other blenders may vary. Serve on pasta of your choice
7. or use with other recipes that incorporate Alfredo sauce.