

Low-fat Mushroom Fettuccine Alfredo – Vegan

Prep Time: 10 minutes
Cook Time: 15 minutes
Total Time: 25 minutes

Serving Size: 4
Calories per serving: 405
Fat per serving: 2 grams

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Ingredients

- 1 yellow onion, diced
- 12 ounces Cremini mushrooms, sliced
- 6 medium garlic cloves, minced
- 1 (15-ounce) can white beans, drained and rinsed
- 1 cup organic soy milk, unsweetened or other non-dairy milk
- 1/2 cup water
- 2 tablespoons nutritional yeast
- 2 teaspoons Italian seasonings
- Black pepper to taste
- 1 (14-ounce) package gluten-free fettuccini pasta
- 1 lemon, juiced
- 1/4 cup fresh parsley
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Instructions

1. In a large sauté pan over medium heat, add onion and mushrooms. Keep the pan covered, stirring occasionally so the veggies don't stick. After 5 minutes, stir in the garlic.
2. Once the onions are translucent and the mushrooms are cooked, transfer half of them to a blender. Add the beans, non-dairy milk, water, nutritional yeast, Italian seasoning and black pepper. Blend until smooth. Pour the sauce into the pan with the rest of the mushrooms and onions.
3. In a medium pot, bring water to a boil. Add pasta and cook as directed. When pasta is slightly al dente, remove from heat and drain. Gently stir the pasta into the Alfredo mixture. Warm up over low heat. Once the sauce is warm, stir in lemon juice and fresh parsley. Serve immediately. The Alfredo sauce will thicken and become dry if it sits out for too long.

Notes

Calories: 405, from fat: 21, total fat: 2g, cholesterol: 0mg, sodium: 230mg, total carbohydrate: 76g, fiber: 8g, sugar: 4g, protein: 23g.