

## Healthier Alfredo Sauce (Protein Lemon Alfredo Sauce)

### Ingredients (Serves 4):

- 16 oz 4% Cottage Cheese (The Secret Protein-Packed Ingredient)
- 1 Lemon (zest fully, use half initially, reserve the rest)
- 1/4 cup Parmesan Cheese
- 3 tbsp Extra Virgin Olive Oil
- 1 Clove Garlic, peeled
- 3 tsp Garlic Powder (adjust to taste)
- Freshly Milled Pepper
- 4 tbsp Butter
- 1 pound of your choice of pasta (regular or protein pasta)

### Instructions:

1. In a food processor or blender, blend the cottage cheese, lemon zest, and Parmesan until smooth.
2. In a pan over medium-low heat, gently heat the olive oil with garlic to infuse it with flavor. Be mindful to avoid scorching.
3. Stir in the blended mixture and the remaining lemon zest, cooking it gently to avoid scorching and to achieve velvety perfection.
4. Cook your pasta in salted water (use about 1 tablespoon of salt for the pasta water). Reserve up to 8 ounces of the pasta water.
5. Add the reserved pasta water to the sauce mixture; this enhances the sauce's texture and flavor.
6. Finish off with butter and freshly milled pepper.
7. Toss the sauce with your cooked pasta, and enjoy your protein lemon Alfredo sauce.

### Prep & Cooking Time:

## **Healthier Alfredo Sauce (Protein Lemon Alfredo Sauce)**

Prep Time: 15 minutes

Cooking Time: 20 minutes

Total Time: 35 minutes