HIGH PROTEIN ALFREDO SAUCE

This creamy alfredo sauce is a crowd-pleaser and full of protein to give your family a boost of nutrition and energy.

SERVINGS

Enough sauce for 1 lb. of cooked pasta, approximately 4 servings

INGREDIENTS

Recipe courtesy of US Dairy

- 1 cup Greek yogurt
- 2 cups low-fat cottage cheese
- 1 cup chicken broth
- 2 Tbsp butter
- 1 Tbsp olive oil
- 1 shallot, diced
- ½ yellow onion, diced
- 4 cloves garlic, minced
- ½ Tbsp sea salt
- 2 tsp black pepper
- ½ Tbsp garlic powder
- 1 tsp onion powder
- ½ Tbsp Italian seasoning
- 2 cups Italian cheese blend, like Parmigiano-Reggiano and Romano, freshly grated





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DIRECTIONS

1. In a blender, combine Greek yogurt, cottage cheese, and chicken broth. Blend until smooth and set aside.
2. In a large skillet, melt butter with olive oil over medium heat. Add diced shallot and onion and saute until softened, about 3-4 minutes.
3. Add garlic and cook for another minute until fragrant.
4. Add sea salt, black pepper, garlic powder, onion powder, and Italian seasoning to the sauteed aromatics, stirring to combine.
5. Pour the blended Greek yogurt, cottage cheese, and broth mixture into the skillet with the sauteed aromatics. Stir gently until the sauce begins to warm through.
6. Gradually add the shredded Italian cheese blend, stirring constantly until the cheese melts and sauce becomes smooth and creamy.
7. Allow the sauce to simmer for 5-7 minutes on low heat, stirring occasionally, until thickened to your desired consistency. If sauce becomes too thick, gradually whisk in a small amount of additional broth (or water) until desired consistency.
8. Toss the Alfredo sauce with cooked pasta and enjoy!

