

# Pasta with Lighter Alfredo Sauce



**TIP:** I love fettuccine Alfredo but don't like feeling excessively full after eating it, which is largely attributed to the **heavy cream** traditionally called for to make the sauce. This recipe uses **evaporated milk** instead of **heavy cream**, which far reduces the calorie and fat content and therefore makes the sauce lighter without any sacrifice in flavor (for details, see the **Heavy Cream vs. Evaporated Milk** nutritional comparison below the ingredients picture). The recipe also shows how to use **garlic** and an **optional shot of balsamic vinegar** for added flavor and depth.

**Preparation Time:** 5-10 minutes

**Cooking Time:** 20-25 minutes

## **Ingredients** **(for 2-3)**

**8 Ounces Pasta**

**12 Ounce Container (unsweetened) Evaporated Milk**

**1-2 Garlic Cloves**

**Grated or Shredded Parmesan Cheese**

**Ground Black Pepper**

**Balsamic Vinegar (optional)**



## Equipment

Large Knife  
Cutting Board  
Can Opener  
Large Spoon  
Medium Sized Pot  
Colander  
Timer





## Heavy Cream vs. Evaporated Milk



**Evaporated milk** has less than half the calories and 20% the fat content of **heavy cream**. When you look at the nutrition labels below, first notice that the serving size (circled in red) for **heavy cream** (1 tablespoon) is half the serving size of **evaporated milk** (2 tablespoons). That means ounce for ounce (2 tablespoons = 1 ounce), **heavy cream** has 100 calories, all which are attributed to fat, while the same quantity of **evaporated milk** has 40 calories, 20 of which are attributed to fat.

## Heavy Cream

Nutrition Facts	
Serving Size 1 tbsp (15 mL)	
Servings Per Container 64	
Amount Per Serving	
Calories 50	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 5mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 0%

## Evaporated Milk

Nutrition Facts	
Datos de Nutrición	
Serv. Size/Tamaño por Ración: 2 Tbsp./Cda. (30 mL)	
Servings/Raciones: About/Aprox. 12	
Amount Per Serving/Cantidad Por Ración	
Calories/Calorías 40	Fat Cal./Cal. de Grasa 20
% Daily Value*/% Valor Diario*	
Total Fat/Grasa Total 2g	3%
Sat. Fat/Grasa Sat. 1.5g	7%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 10mg	3%
Sodium/Sodio 30mg	1%
Potassium/Potasio 90mg	3%
Total Carb./Carb. Total 3g	1%
Sugars/Azúcares 3g	
Protein/Proteínas 2g	4%

1. Fill a medium sized pot about half full with **cold tap water**. Put the pot on the stove, and turn on the burner to **HIGH** heat.



2. While the **water** warms, pull **1-2 garlic cloves** from a **fresh garlic bulb**.



Put **1 garlic clove** at a time under the flat side of wide bladed (chef's) knife, and use the heel of your hand to press down on the top flat side of the knife with enough pressure to break the **garlic clove** open to make peeling the **garlic skin** much easier.





Peel the **garlic skin**. Then slice and chop the **garlic** until it looks about as shown in the third picture below.



3. Let the water come to a rapid, big bubble boil as shown in the **full boil** photo below, not just a small bubble, fizzy boil as shown in the **NOT a full boil** picture, to help ensure the **pasta** cooks properly to desired doneness.



big, rapid bubbles

**full boil**



small, fizzy bubbles

**NOT a full boil**

Check the pasta package for the recommended cooking time, and set a timer for 2 minutes *less* than the time the package recommends to allow the **pasta** to soak up some of the **evaporated milk** when that is added in step 5. (My package recommended cooking 12 minutes for **al dente** (“**firm to the teeth**”) **pasta**, so I set the timer for 10 minutes.) Then,...

Perfect Pasta Guide			
Portions	Pasta	Water	Salt
1	1/4 box	2 quarts	1 tsp.
2	1/2 box	3 quarts	2 tsp.
4	1 box	5 quarts	1 Tbsp.
al dente 12 min.		firm 13 min.	tender 14 min.

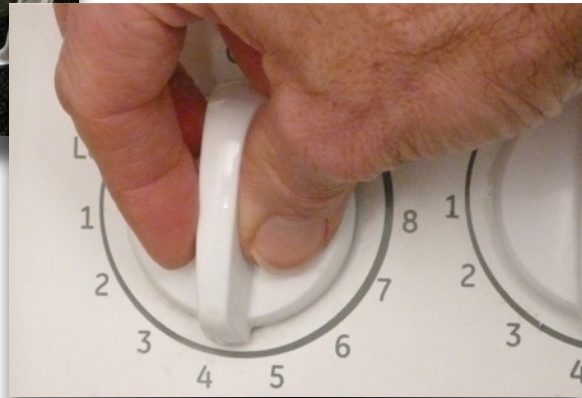


...add **8 ounces of pasta** to the boiling water and stir until all the **pasta** is submerged in the hot water.





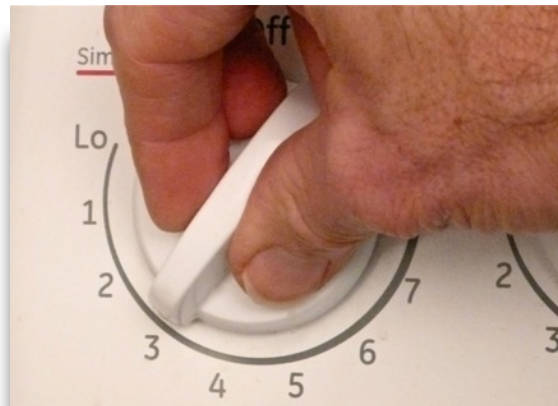
Let the water come back to a full boil. Then turn down the burner heat to **MEDIUM** to prevent the pot from boiling over, and keep cooking the **pasta** until the timer sounds.



4. In the meantime, put a colander in the sink, and shake and open a **can of evaporated milk**.



5. When the timer sounds, carefully pour the **pasta** and hot water into the colander in the sink, and lower the burner heat to LOW-MEDIUM.



Put the pot back on the stove, pour in the **entire can of evaporated milk**, and add the **chopped garlic**.





Let the **evaporated milk** warm for a minute or two. Then add the **cooked pasta**, stir, and let the pot warm until the **evaporated milk** just starts to bubble and steam.



Turn off the stove heat (to keep the **evaporated milk** and **cooked pasta** from sticking to the bottom of the pot), and add a **good pile of grated or shredded Parmesan cheese**.





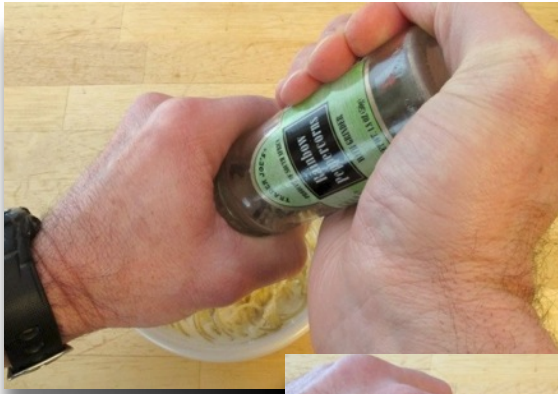
Stir with a big spoon until the **Parmesan cheese** and **evaporated milk** blend together and coat the **pasta** smoothly as shown in the close up below right.



6. Serve, and either have the **pasta with lighter Alfredo sauce** as is or...



...topped with your choice or combination of **ground black pepper**, a shot of **balsamic vinegar**, and/or added **grated or shredded Parmesan cheese**.



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