

# Microwave Cooked Pasta with Lighter Alfredo Sauce



**TIP:** Pasta with Alfredo sauce is fantastically flavorful but can leave you 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 powder** and an **optional shot of balsamic vinegar** for added flavor.

**Preparation Time:** 3-5 minutes

**Cooking Time:** about 2 minutes

**Needed**  
**(for 1)**

**Handful Cooked/Leftover Pasta**

**Evaporated Milk**

**Grated or Shredded Parmesan Cheese**

**Garlic Powder (optional)**

**Balsamic Vinegar (optional)**

**Ground Black Pepper**

Microwave Oven Safe Bowl

Fork

Can Opener



## 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	Evaporated Milk
	
<b>Nutrition Facts</b> Serving Size 1 Tbsp (15 mL) Servings Per Container 64	<b>Nutrition Facts</b> Datos de Nutrición Serving Size/Tamaño por Ración: 2 Tbsp./Cda. (30 mL) Servings/Raciones: About/Aprox. 12
Amount Per Serving Calories 50    Calories from Fat 50	Amount Per Serving/Cantidad Por Ración Calories/Calorías 40    Fat Cal./Cal. de Grasa 20
% Daily Value*	% Daily Value*/% Valor Diario
Total Fat 5g    8%	Total Fat/Grasa Total 2g    3%
Saturated Fat 3.5g    17%	Sat. Fat/Grasa Sat. 1.5g    7%
Trans Fat 0g	Trans Fat/Grasa Trans 0g
Cholesterol 20mg    7%	Cholesterol/Colesterol 10mg    3%
Sodium 5mg    0%	Sodium/Sodio 30mg    1%
Total Carbohydrate 0g    0%	Potassium/Potasio 90mg    3%
Dietary Fiber 0g    0%	Total Carb./Carb. Total 3g    1%
Sugars 0g	Sugars/Azúcares 3g    4%
Protein 0g	Protein/Proteínas 2g
Vitamin A 4%    Vitamin C 0%	
Calcium 2%    Iron 0%	

1. Put **a handful of cooked/leftover pasta** in a *microwave oven safe bowl*.



Add a good shot (3-4 ounces) evaporated milk, a shake of garlic powder (optional, but adds savory flavor), and a generous mound grated or shredded Parmesan cheese.



2. Stir with a fork until all the **ingredients** are well mixed together as shown in the picture below on the right.



3. Put the bowl in the middle of the microwave oven, and cook for about 1 1/2 minutes using your microwave oven's 100% POWER or HIGH heat setting. **NOTE:** I used a 1200 watt microwave oven. Cooking time will vary depending on your microwave oven wattage and how many **ingredients** you have in the bowl.





4. After warming, carefully remove the bowl from the microwave oven. (I'm gripping the bowl from the top of the bowl edge where it's coolest.)



5. Stir with a fork to combine the **cheese** with the **warmed evaporated milk** and **pasta**. **NOTE:** I usually check the **pasta and sauce** for the right serving temperature by lifting some of the **pasta and sauce** from the bowl with a fork as shown here. If I see steam, I know the **pasta and sauce** are warm enough to serve. If, however, I don't see steam, I keep cooking the **pasta and sauce** in the microwave oven at 30-second to 1-minute intervals until the **pasta and sauce** are appropriately warm.



6. Either have the **pasta with lighter Alfredo sauce** as is or topped with your choice or combination of added **shot of grated or shredded Parmesan cheese**,...





...a **shot of balsamic vinegar**,...



...and/or a **crunch of ground black pepper**...



...so that what you have looks about like this.



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