

Recipe of the Month: Lactose intolerant family and friends can still enjoy Alfredo



A tasty Alfredo sauce can be made without any cream. Use equal parts tofu and soy milk or equal parts cottage cheese and milk blended well together – be careful not to boil the sauce as it will curdle. Low fat cream cheese can be substituted for cream – if the recipe calls for 1 cup of cream use 1/2 cup cream cheese, add a little stevia to sweeten if needed. Whisk one of the above mixtures or cream cheese blended with low fat milk or vegetable stock, with crushed garlic, parmesan cheese, salt and pepper. Cook fettuccini in boiling salted water until “al dente” combine with the sauce and serve with grilled chicken.