



60 Days to Reclaim YOUR Health

FETTUCCINE ALFREDO

Ingredients

- 16 oz pkg whole wheat fettuccine noodles (prepared according to package directions)
- 1 head broccoli, chopped
- 2 -3 cups sliced mushrooms
- 1-2 Tbsp grape seed oil or olive oil (for sautéing mushrooms)
- 2 Tbsp chives, chopped (optional)

1. Prepare fettuccine noodles according to package directions.
2. While cooking noodles, steam broccoli until tender. Set aside.
3. Sauté mushrooms in grape seed oil or olive oil until tender. Set aside.

Sauce:

- 1 Tbsp water
- 1-1/4 cups Veganaise
- 1/2 cup nutritional yeast

Directions

1. Mix and bring sauce ingredients to a boil, watching closely.
2. Place noodles in a large serving bowl and ladle sauce on top of noodles.
3. Place broccoli and mushrooms on top or to the side.
4. Garnish with chives.

You'll be pleasantly surprised with this one! A creamy, cheesy tasting dish with no dairy whatsoever... really!