



Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/creamy-fettuccine-alfredo>

Creamy Fettuccine Alfredo

Prep time: 30 minutes

Servings: 4

This Fettuccine Alfredo is so rich and creamy, it's hard to believe it's entirely lactose free. There is nothing complicated about it – just a few simple swaps with our lactose-free sour cream and butter. Top it off with your favorite vegetables for a delicious and deeply satisfying family meal.

Green Valley Creamery

Ingredients

24 oz. dry fettuccine pasta

1 cup (1 block) Green Valley Creamery Lactose-Free Butter

1 ½ cups Green Valley Creamery Lactose-Free Sour Cream

1 cup Parmigiano-Reggiano* cheese, grated

1 tsp. garlic salt

salt and freshly ground pepper to taste

Optional: peas and mushrooms

Instructions

Bring a large pot of lightly salted water to a boil. Add fettuccine and cook according to package instructions or until al dente; drain.

In a large saucepan, melt the butter with the sour cream over low heat and stir. Add the salt, pepper and garlic salt. Stir in the Parmigiano-Reggiano cheese over medium heat and continue to stir until the sauce thickens.

Add the pasta to your sauce and cover thoroughly.



While your sauce cooks, you can sauté peas and mushrooms (or any of your favorite vegetables) in a separate pan and mix into the saucepan when finished. Enjoy!

*Lactose is transformed into lactic acid at the very beginning of the maturation process making Parmigiano-Reggiano cheese lactose free.