

# Creamy Alfredo Sauce



*Recipe provided by Strive for Wellness®*

Servings: 10 (1/4 cup per serving)

- 1/2 small shallot, minced
- 4 cloves of garlic, minced
- 1 tablespoon extra virgin olive oil
- 1 cup unsalted chicken stock
- 1 cup nonfat plain Greek yogurt, room temperature
- 1 tablespoon corn starch, divided (2 tsp and 1 tsp)
- 1/2 cup shredded parmesan cheese
- 1/4 teaspoon ground black pepper

*Whisk together 2 tsp corn starch with the chicken stock until fully blended without clumps. Set aside.*

*In a small bowl, whisk together 1 tsp corn starch with the Greek yogurt until fully blended. Set aside.*

*Preheat saucepan over medium-high heat. Add olive oil, garlic and shallot and saute' until fragrant.*

*Add chicken stock mixture and black pepper to the sauce pan. Stir frequently while the stock thickens and comes to a simmer.*

*Reduce the heat to medium-low. Gradually temper the Greek yogurt with the stock by adding a very small amount of stock to the Greek yogurt and whisking together. Continue to do this until the yogurt is warm.*

*Pour the yogurt mixture into the saucepan and stir over medium-low heat.*

*Once the sauce has reheated, add the parmesan cheese. Gradually stir until the cheese has melted.*

*Allow the sauce to sit over low heat for 10-15 minutes, stirring occasionally.*

*Top your favorite pasta dish.*

*Tip: Sauce is best when served fresh.*

## Nutrition Per Serving

*3 g total fat, 1.25 g saturated fat, 5 g protein, 90 mg calcium, 110 mg sodium, 60 calories.*