



FAST AND EASY VEGAN FETTUCCINE ALFREDO

If you're looking for a vegan sauce for a restaurant classic this one will not disappoint.



PREP TIME
10 minutes



COOK TIME
15 minutes



SERVES
12

DIRECTIONS

1. In a large pot of boiling salted water, cook fettuccine for about 8 minutes or until al dente. Drain and return to pot.
2. Meanwhile, heat oil in a large saucepan over medium heat. Stir in flour and cook for 1 minute. Whisk in wine and cook for 2 minutes. Whisk in Silk, garlic powder, onion powder, salt and pepper. Bring to a simmer and cook, stirring for about 5 minutes or until thickened. Toss with fettuccine to coat well. Divide among plates and sprinkle with parsley to serve.

If cheese is requested as a garnish, use vegan parmesan shreds to sprinkle over top.

For a cheese flavoured sauce stir in 1 cup (250 mL) dairy free parmesan into the sauce and sprinkle with more when plating.

TIP: For those that would enjoy a hit of heat be sure to sprinkle a few hot pepper flakes on each plate.

INGREDIENTS

2 lb (1 kg) dried fettuccine
 ½ cup (75 mL) olive oil or soy margarine
 ½ cup (75 mL) all purpose flour
 ½ cup (125 mL) dry white wine or vegetable broth
 4 cups (1 L) Silk Unsweetened soy or almond beverage
 4 tsp (20 mL) garlic powder
 2 tsp (10 mL) onion powder
 2 tsp (10 mL) salt
 2 tsp (10 mL) ground white pepper
 ½ tsp (2 mL) ground nutmeg (optional)
 Fresh chopped parsley



Per serving

(1/12th recipe/about 300 g)

430	calories
10 g	fat
1.5 g	saturated fat
0 g	trans fat
68 g	carbohydrates
5 g	fibre
2 g	sugars
15 g	protein
0 mg	cholesterol
660 mg	sodium
250 mg	potassium
125 mg	calcium
3.5 mg	iron



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