



## FETTUCCINE ALFREDO

**We recommend small servings of pasta after the fast.**

- 1 box noodles, either spinach or regular, cooked
- 1 Tbsp butter
- 1 ¼ c heavy cream
- ½ - 1 c. grated fresh Parmesan cheese
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder

Melt butter in a large pan over medium heat.

Add cream, cheese, salt, and pepper; cook 1 minute, stirring constantly.

Reduce heat; add pasta, tossing gently to coat.

Sprinkle with 1 Tbsp of Parmesan cheese.

**Serves 6.**