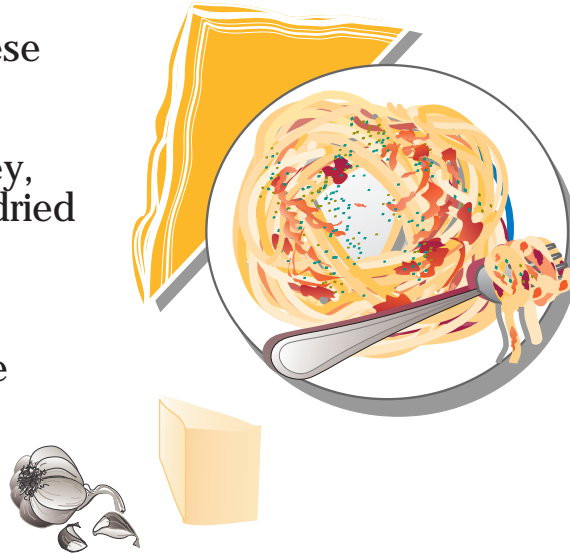


# Fettuccine Ricotta

## Ingredients:

- 1/2 cup part-skim ricotta cheese
- 3 tablespoons skim milk
- 1 1/2 ounces walnuts
- 1 1/2 tablespoons fresh parsley, chopped or 1 1/2 teaspoons dried
- 1/2 teaspoon dried marjoram
- 1 garlic clove
- 1/2 pound fettuccine
- freshly ground pepper to taste



## Preparation:

1. Combine all ingredients, except pasta, in processor or blender and mix until smooth.
2. Cook fettuccine or other pasta according to package, until just tender, but still firm.
3. When pasta is cooked, drain and toss with sauce immediately.
4. Add freshly ground pepper to taste and serve.

Makes approximately two 1 cup servings

Amount Per Serving	
<b>Calories</b> 350	<b>Calories from Fat</b> 110
% Daily Values*	
Total Fat 12g	19%
Saturated Fat 2.5g	13%
Cholesterol 10mg	3%
Sodium 50mg	2%
Total Carbohydrate 47g	16%
Dietary Fiber 3g	14%
Sugars 3g	
Protein 13g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	