



## Fettuccine Hungry Girlfredo



Entire recipe: 82 calories, 4g total fat (1.5g sat. fat), 296mg sodium, 9.5g carbs, 4g fiber, 1.5g sugars, 3.5g protein

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**Prep:** 10 minutes    **Cook:** 5 minutes



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### Ingredients

1 bag House Foods Tofu Shirataki Fettuccine Shaped Noodle Substitute  
1 wedge The Laughing Cow Light Creamy Swiss cheese  
2 tsp. reduced-fat Parmesan-style grated topping  
1 tsp. light sour cream  
Optional seasonings: salt and black pepper

### Directions

Use a strainer to rinse and drain noodles. Thoroughly pat dry. Roughly cut noodles.

Bring a skillet sprayed with nonstick spray to medium heat. Add all ingredients, breaking the cheese wedge into pieces. Cook and stir until cheese has melted, mixed with sour cream, and coated noodles, 2 to 3 minutes. Enjoy!

MAKES 1 SERVING

**HG Tip:** For a 3-ingredient fettuccine Alfredo fix, just leave out the sour cream!

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