

Greek Yogurt Alfredo Sauce

This Alfredo sauce is high-protein, providing probiotic benefits, calcium, and vitamin D for healthy and strong bones. This recipe also offers options for you to take a NOURISH step

Ingredients:



PREP TIME
5 MIN



COOK TIME
15 MIN



SERVINGS
4 SERVINGS

- 2 tbsp olive oil
- 2 tbsp minced garlic
- ½ cup whole milk
- 1 cup plain non-fat Greek yogurt
- 1 cup shredded Parmesan
- Your choice of added seasonings
- **Tip: You can add vegetables to your sauce, such as spinach, to make this recipe more nutrient-rich**



IF YOU WANT MORE
PEP TAKE A NOURISH
STEP

Instructions:

- Add olive oil and garlic to your pan on medium heat and saute for ~ 2 minutes
- Remove the pan from the heat and let it cool for a couple of minutes
- Once cooled, add in the Greek yogurt and milk, while the pan is still off the heat, and stir until well-combined
- ***This is important so the yogurt does not curdle***
- Add the shredded Parmesan to your pan on low heat, in increments, and stir the cheese in.
- At this point, after the cheese is all stirred in, you can add the seasonings of your choice and your favorite vegetables and stir for a couple of minutes on low heat.