

Fettuccine with Walnut Sauce

This authentic Italian walnut sauce "Salsa di noci" is absolutely delicious. You think you are eating something much more fattening than it is. I served this to guests and they thought they were eating Fettuccine Alfredo. But there is no cream in this dish and yet if you didn't make it yourself, you wouldn't believe it. You can make it even more skinny by using both nonfat versions of ricotta and Greek yogurt to slash the calories even further.

¾ cup	walnut pieces	⅓ cup	olive oil
1 cup	cubes day-old rustic bread	½ cup	ricotta cheese
1	garlic clove	¼ cup	Greek yogurt
¾ tsp	Coarse sea salt	1 pound	pasta, fettuccine
1 pinch	Fresh-ground black pepper	¼ cup	parmesan cheese

- 1 Bring a pot of water to boil for the fettuccine.
- 2 Place half of the nuts in a medium saucepan of water and heat on high for 7 minutes. Meanwhile, put bread in a bowl, cover with tepid tap water and let stand for 5 minutes, then drain and squeeze out excess water.
- 3 Drain blanched nuts. Remove any loose skins with a paper towel. Set aside.
- 4 Cook fettuccine according to manufacturer's directions. If using, fresh fettuccine, it will take only a minute to cook in boiling water. Drain fettuccine and reserve at least a cup of the pasta cooking water. Place fettuccine in a wide bowl.
- 5 While fettuccine is cooking, place garlic in bowl of food processor and process until minced. Add all nuts (blanched and unpeeled), bread, salt and pepper and process until mixture is smooth. Drizzle in olive oil until mixture begins to look like pesto. Add ricotta and yogurt and process until mixture is thick and smooth. Set aside until fettuccine is cooked.
- 6 Toss fettuccine with any amount of walnut sauce you like. Thin with the pasta water until pasta is coated with the walnut sauce, but yet remains creamy. Serve in individual pasta bowls and add a little more pasta water to each bowl to make more creamy if desired.
- 7 Top each dish with some grated parmesan cheese and pass more for your guests to add.

Servings: 6

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Total Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 682 calories, 234 calories from fat, 27g total fat, 11mg cholesterol, 738.7mg sodium, 338.5mg potassium, 89.5g carbohydrates, 4.1g fiber, 4.3g sugar, 20.6g protein.

Source

Source: Adapted from La Cucina Italiana, October 2010

