



RECIPES

Amazing Alfredo

INGREDIENTS:

- 1 cup raw cashew
- 2 tablespoons raw pine nuts
- 1½ cups water
- 4 teaspoons fresh lemon juice
- 1 teaspoon minced garlic
- 1/16 teaspoon ground nutmeg
- 1 ½ teaspoons salt
- ½ teaspoon freshly ground black pepper, plus more to taste
- 4 cups cooked fettuccine (or other pasta of your choice)
- 3 tablespoons freshly minced parsley

INSTRUCTIONS:

1. In a blender, grind cashews and pine nuts into a fine powder. Add water, lemon juice, garlic, nutmeg and salt. Blend until completely smooth.
2. Transfer sauce to a small saucepan over medium heat and whisk as you bring to a boil. Reduce heat to low and simmer for 7 minutes, whisking regularly. Stir in black pepper.
3. Serve over hot pasta and garnish with parsley and fresh ground pepper to taste.

Makes 4 servings

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