

# **Fettuccine with Light Alfredo Sauce**

**Serves 4**

**1 pound Fettuccine, Linguine or Spaghetti, uncooked**  
**1 cup evaporated skim milk**  
**1/2 cup chopped fresh parsley**  
**1/4 tsp. white pepper**  
**1/2 cup grated Parmesan cheese**  
**4 oz. green onions, sliced (white parts only)**  
**White pepper to taste**

**Prepare pasta according to package directions; drain. In a large saucepan, bring the evaporated milk to a simmer over moderate heat. Stir in the Parmesan cheese, green onions and parsley. As soon as it has melted, and the sauce is thick and creamy, pour over cooked pasta. Season to taste with white pepper.**

# **Teriyaki Sauce with Peas and Straw Mushrooms**

**Serves 6**

**1 pound of your favorite pasta shape, uncooked**  
**1 tbsp. vegetable oil**  
**1 1-inch piece fresh ginger, minced, or 2 tsp. dried ginger**  
**3 cloves garlic, minced**  
**1/4 cup teriyaki sauce**  
**3 1/2 cups low-sodium chicken broth, skimmed of fat, divided**  
**2 tbsp. cornstarch**  
**1 8-oz. can straw mushrooms, drained\***  
**1 4-oz. can water chestnuts, drained and finely diced**  
**1 cup frozen peas**

**Prepare pasta according to package directions; drain.**

**In a large, non-reactive (non-aluminum) saucepan, mix together vegetable oil, sesame oil, ginger, garlic and teriyaki sauce. Bring mixture to a simmer over medium heat and cook until aromatic and sizzling, about 3 minutes.**

**In a small bowl, stir together 1/4 cup of the chicken broth and the cornstarch until cornstarch dissolves. Stir the remaining chicken broth into the teriyaki sauce mixture and bring to a boil. Slowly stir in dissolved cornstarch and let simmer for 3 minutes.**

**Add mushrooms, water chestnuts and peas to sauce and cook until vegetables are heated through. Toss the sauce with cooked pasta and serve.**

**\*Straw mushrooms can be found with the Asian foods in your supermarket.**