

**Ingredients:**

1 package of fettuccine pasta (approx. 500 grams)

1/3 cup olive oil

2 cloves garlic, finely chopped

1 package soft tofu

1/2 tsp dried basil

1/2 tsp dried parsley

1/2 tsp black pepper

1/4 cup parmesan cheese, grated

**Directions:**

1. Cook pasta according to package directions. Transfer to colander and rinse under cold water; drain.
2. In a pot, lightly brown garlic in olive oil. Let cool.
3. In a blender, combine tofu and cooled garlic/oil mixture and blend until smooth and creamy.
4. Put tofu mixture in a saucepan and add basil, parsley, black pepper and parmesan cheese. Heat on medium-low for about 10 minutes. Stir occasionally.
5. Reheat pasta and serve sauce over pasta.

**Nutrients per serving (makes 6 servings):**

395 calories, 16 g fat, 46 g carbohydrate, 16 g protein, 229 mg sodium, 178 mg potassium, 123 mg phosphorus

**Tip:** Serve with 1/2 cup of your favorite low potassium vegetable (examples: frozen green peas or red peppers).

**What is tofu?**

- Tofu is made from soy milk and is a great source of protein.
- It has a mild taste and will take on the tastes of ingredients that it is cooked with.
- You can buy tofu near the deli section in grocery stores.
- Tofu comes in rectangular packages in soft, medium-firm, firm and extra firm textures.

Recipe adapted from [www.veggiemixer.com](http://www.veggiemixer.com)

