

Fettuccine with Creamy Basil-Pine Nut Sauce

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3 School

INGREDIENTS:

- 1 garlic clove
- 1 cup fresh basil leaves
- 1/2 cup light ricotta cheese
- 1/2 cup plain nonfat yogurt
- 1/2 cup (2 ounces) crumbled blue cheese
- 2 teaspoons sherry vinegar
- 1/4 teaspoon pepper
- 3 tablespoons pine nuts
- 1 (9 ounce) package fresh fettuccine
- Fresh basil leaves (optional)



Directions:

Place the garlic in a food processor, and pulse 2 to 3 times. Add basil and the next 5 ingredients (through the pepper); process until smooth. Stir in pine nuts. Cook pasta according to package directions, omitting salt and fat; drain. Combine pasta and sauce in a large bowl; toss well. Garnish with fresh basil, if desired.