



FAUX FETTUCCINE ALFREDO

1 pound dried fettuccine
2 large egg whites
3/4 cup nonfat ricotta
3/4 cup part-skim ricotta
1/2 cup nonfat yogurt
1/4 cup freshly grated Parmesan (about 1 ounce)
1/2 teaspoon salt, or to taste
1/2 teaspoon freshly ground white pepper, or to taste

In a 5-quart kettle bring 4 quarts salted water to a boil for pasta.

In a blender or food processor blend remaining ingredients until smooth and transfer to top of a double boiler or a metal bowl set over a saucepan of barely simmering water. Heat sauce, stirring constantly, until an instant-read thermometer registers 140°F and remove top of double-boiler or bowl from heat.

Add pasta to boiling water and boil until al dente. Reserve 1/2 cup pasta cooking water and drain pasta in a colander. Return pasta to kettle and add sauce and reserved cooking water, tossing gently until combined well.

Serves 6.