

LIGHT “ALFREDO” SAUCE

(slightly modified from [showmetheyummy](#))

- 1 tablespoon extra virgin olive oil
- 2 tablespoons cornstarch
- 1 cup vegetable broth
- ½ cup skim milk
- ½ cup non-fat greek yogurt room temperature
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup freshly grated Parmigiano cheese

Heat olive oil in a large sauce pan over medium heat. Sprinkle with cornstarch and cook for one minute, stirring constantly. While whisking, slowly add in broth and milk. Continue whisking to combine until smooth.

Raise heat to medium high and bring the mixture to a simmer. Keep cooking for about 2 minutes, until it starts to thicken, again, whisking constantly. Remove from heat and little by little, whisk in greek yogurt. Once combined, place back on the heat (medium) and stir in Parmesan cheese, salt, and pepper. Simmer for a final couple of minutes and add to your pasta.