

# Cajun Alfredo Spaghetti

*Recipe makes 6 meals*

## Ingredients

- 16 oz Low Fat Cottage Cheese
- 15 oz Barilla Protein+ Spaghetti
- 10 oz frozen Pepper & Onions
- 1 cup Shredded Parmesan
- 1/2 cup Fat Free Fairlife Milk
- 4 Garlic Cloves
- 6 Tbsp Grated Parmesan
- 1 Tbsp Butter
- 1 Tbsp Cajun Seasoning
- 1/2 tsp Dried Thyme
- 1/2 tsp Smoked Paprika
- Salt and Pepper to taste



## Nutrition Profile

- per meal -

**Calories - 420**

**Fat - 11g**

**Carbohydrates - 54g**

**Protein - 30g**

**\*Fiber - 7g**



Estimated Cost  
Per Meal

**\$1.55**

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# Instructions

- 1. Start by bringing a large pot of water to a boil and cook your pasta according to the instructions on the package. When done, strain, and set aside.**
- 2. While your pasta is cooking, in a blender or food processor, add in 15 ounces of low fat cottage cheese, 1 cup of shredded parmesan, 4 garlic cloves, 1 Tbsp Cajun seasoning, 1/2 tsp dried thyme, 1/2 tsp smoked paprika, and 1/2 cup milk. Blend until smooth, taste, and adjust seasonings to fit your preference.**
- 3. Next, grab the same pot that you used to cook your pasta, place it over medium-high heat and melt in 1 Tbsp of butter. Once your butter is melted, add in 10 ounces of frozen peppers & onions. Cook for 4-5 minutes, or until most of the liquid is evaporated.**
- 4. Once your peppers & onions are done, reduce the heat to low, add in your cooked pasta, and give it a quick mix.**
- 5. Pour your alfredo sauce into the pot with your pasta and mix to coat well. If you are eating this right away, let it continue to cook on low until your sauce is warm.**
- 6. Give it a taste and add salt and pepper to preference.**
- 7. Portion out into your meal containers and top each meal with 1 Tbsp of grated parmesan.**
- 8. Enjoy!**



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# Notes

- **This recipe has no meat, but some diced or sliced grilled chicken would go great on top!**
- **You can bulk this meal up even more by adding extra veggies of choice.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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