



Nourish Recipe

Grown Up Buttered Noodles

Servings: 4

Recipe courtesy of
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Ingredients

1 ½ cups pasta

2 Tbsp ghee

½ cup nutritional yeast

Pinch of salt

Pinch of pepper



What you'll need



measuring
cups



measuring
spoons



medium pot

Nutrition Facts

Servings 4

Amount Per Serving

Calories 704

% Daily Value

Total Fat 10.2g 13%

Saturated Fat 4.1g 20%

Cholesterol 16mg 5%

Sodium 299mg 13%

Total Carbohydrate 132.3g 48%

Dietary Fiber 9.4g 34%

Sugars 6g

Protein 27.2g

Vitamin D 0mcg 0%

Calcium 12mg 1%

Iron 8mg 46%

Potassium 324mg 7%

Instructions

1. Bring pasta water to a boil, and sprinkle in a pinch of salt. Add the pasta (1 ½ cups) and cook to al dente (7-9 minutes). Drain pasta reserving 1/4 cup of the pasta water.
2. Add the ghee (2 Tbsp), nutritional yeast (½ cup), salt, and pepper, and about half of the reserved pasta water to start. Stir, adding more pasta water if needed. The heat from the pasta and the water will melt the nutritional yeast and help the ghee get silky.



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