

# GOUT-FRIENDLY RECIPES

## Noodles with Parmesan Cheese Sauce

**Prep and cook time: 25 minutes**

1 pound thin noodles

1 cup grated, reduced-fat Parmesan cheese

2 cloves garlic, crushed

4 tablespoons finely chopped fresh coriander

6 tablespoons olive oil

3/4 teaspoon salt

1/2 teaspoon pepper

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### Directions:

- 1 Cook noodles according to directions on package, drain, then place in a serving bowl
- 2 While the noodles are cooking, chop fresh coriander and put in a bowl with the crushed garlic
- 3 Thoroughly combine remaining ingredients, stir into the noodles, and serve while warm