

Cacio é Pepe

Literally "cheese and pepper", this minimalist cacio e pepe recipe is like a stripped-down mac and cheese.

A traditional Italian dish, Cacio É Pepe can be a satisfying meal for one or the entire family.

Calories: 287; Total Fat: 16.7g Sat Fat 9.9g; Sodium: 718mg; Carbs: 24.4g Fiber: 3.8g; Protein: 13.8g



Recipe serves
5

Ingredient	Amount
Pasta (such as whole wheat or multi-grain spaghetti)	6 oz
Unsalted butter, cubed, divided	3 tbsp
Freshly cracked black pepper	1 tsp
Finely grated Reduced Fat Parmesan	6 oz
Finely grated reduced fat Pecorino	1/3 cup

Bring 3 quarts water to a boil in a 5-qt. pot. Season with salt; add pasta and cook, stirring occasionally, until about 2 minutes before tender. Drain, reserving 3/4 cup pasta cooking water.

Meanwhile, melt 2 Tbsp. butter in a large heavy skillet over medium heat. Add pepper and cook, swirling pan, until toasted, about 1 minute. Add 1/2 cup reserved pasta water to skillet and bring to a simmer. Add pasta and remaining butter. Reduce heat to low and add Grana Padano/ Parmesan, stirring and tossing with tongs until melted. Remove pan from heat; add Pecorino, stirring and tossing until cheese melts, sauce coats the pasta, and pasta is al dente. (Add more pasta water if sauce seems dry.) Transfer pasta to warm bowls and serve.