ALFREDO SAUCE

The next time you have a craving for a creamy pasta dish, use the H3 Alfredo Sauce. The classic store-bought Alfredo sauce has 400 calories and 38 grams of fat!

INGREDIENTS:

½ tsp.	Olive oil
1 tbsp.	Garlic, minced
1 tbsp.	All purpose flour
1⅓ cups	Skim milk
2 tbsp.	Fat free cream cheese
½ cup	Parmesan cheese
Pinch	White pepper

METHOD:

- Heat sauté pan over medium-high heat.
- Add olive oil.
- Add garlic; sauté for one minute.
- Stir in flour.
- Lower heat to medium.
- Cook for three to four minutes.
- Gradually add milk, stirring often until blended.
- Cook until thickened, stirring constantly.
- Stir in cream cheese and cook for two more minutes.
- Slowly add Parmesan cheese and pepper, stirring constantly until it melts.
- Turn off heat.
- Twist one cup of hot cooked pasta into a bowl and ladle two ounces of Alfredo sauce across the top.

Serves: 4

Serving Size: 2 cup

Calories: 102

Fat: 4.4 gm.