

Alfredo Sauce

Makes 4 servings

- 1 1/2 T all purpose flour
- 1 1/2 cups 1% milk
- 1 clove garlic, finely chopped
- 2 T cream cheese (1/3 less fat or neufchatel preferred)
- 3/4 cup shredded parmesan cheese
- 1/2 t salt
- 1/4 t white pepper (optional)



In a sauce pan on medium heat cook flour garlic and milk whisking every 30 seconds until flour milk begins to boil then reduce heat to lowest setting. Add the cream cheese. After the cream cheese melts add the parmesan cheese in two stages, ensuring the first half has melted before adding the second. Finish with white pepper to taste if desired.

Nutrition information per serving (~1/2 cup): 130 calories, 7g fat (4g saturated fat), 10g protein. Excellent source of calcium

