



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
1 1/3 cups Skim milk
2 Tbsp Fat-free cream cheese
1/2 cup Parmesan cheese
Pinch White pepper

PREPARATION:

- 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.

Number of servings: 4
Serving Size: 2 oz.
Calories: 102
Fat Grams: 4.4

