

Alfredo Sauce

Makes 4 servings

- 1 T butter
- 1 clove garlic, finely chopped
- 1 T all purpose flour
- 1 1/2 cups 1% milk
- 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 melt butter and cook garlic until it starts to brown slightly. Add flour and cook for 2 minutes stirring regularly. Add milk to sauce pot slowly while whisking. Bring to a boil and reduce heat to lowest setting. Add the cream cheese. After the cream cheese melts add the parmesan cheese in three batches, ensuring each addition has melted before adding the next. Finish with black pepper to taste if desired.

Nutrition information per serving (~1/3 cup): 150 calories, 10g fat (6g saturated fat), 10g protein. Excellent source of calcium

