

Guilt-free Fettuccine Alfredo



Makes approx. 6 servings

Ingredients

18 oz fresh fettuccini
2 tbsp butter
2 cloves of garlic
2 cups low-fat milk
2 tbsp flour
1 cup grated parmesan cheese
2 tbsp low-fat cream cheese
1/2 cup low-fat or fat-free sour cream
1 cup frozen peas
Pinch of nutmeg
Pepper
3 tbsp fresh chopped parsley



Directions

Melt butter on medium heat and saute the garlic for approx 1 minute.

Mix the milk and flour together in a small bowl until they are smooth and then add to the garlic and butter. Increase heat to high cooking and stirring until it is bubbly and thickened.

In a separate pot, cook/heat the fettuccine in boiling water until tender.

Reduce heat to low, and stir in the parmesan cheese, cream cheese, nutmeg and pepper. Stir until cheese is melted. Then add sour cream and peas and cook until heated.

Rinse the fettuccine and return to the pot. Add the sauce to the fettuccine and mix together.

Sprinkle with fresh parsley and serve with a caesar salad and fresh bread!

Adapted from the [Looneyspoons](#) recipe for Eenie Meenie Fettuccine.

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