

Low Fat Alfredo Sauce

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Ingredients

- 1 tbsp. butter (butter)
- 1/4 c. flour
- 1 tsp. salt
- Pinch nutmeg
- 3/4 c. grated Parmesan cheese
- 3 c. low fat milk
- 1/2 tsp. pepper
- Cooked fettuccine

Directions

1. Melt butter-butter in saucepan over medium heat.
2. Add flour; cook, stirring, 1 minute.
3. Whisk in milk, salt, pepper and nutmeg.
4. Bring to a boil, whisking; reduce heat and simmer, stirring occasionally, for 5 minutes.
5. Toss with Parmesan cheese and cooked fettuccine.