



Fettuccini with Lightened Alfredo Sauce

Recipe Source: www.foodnetwork.com

Serves 4

Ingredients:

1 TBSP unsalted butter
1 clove garlic, minced
1 tsp grated lemon zest
2 tsp all-purpose flour
1 cup low-fat 2% milk
 $\frac{3}{4}$ tsp salt
2 TBSP non-fat cream cheese
 $\frac{3}{4}$ cup grated Parmesan cheese, plus more for topping
3 TBSP chopped fresh parsley
12 oz fettuccine

Steps:

- Melt the butter in a skillet over medium heat. Add the garlic and lemon zest and cook until the garlic is slightly soft, about 1 minute.
- Add in the flour and cook, stirring with a wooden spoon, 1 minute. Whisk in the milk and $\frac{3}{4}$ tsp salt and cook, whisking constantly, until just thickened, about 3 minutes.
- Add the low-fat cream cheese and Parmesan cheese; whisk just until melted, about 1 minute.
- Stir in the chopped parsley.
- Meanwhile, bring a large pot of salted water to a boil. Add the fettuccine and cook until al dente.
- Reserve 1 cup of cooking water then drain pasta and return to the pot.
- Add the sauce and $\frac{1}{2}$ cup of the reserved cooking water to the pasta and gently toss to combine, adding more cooking water as needed to loosen.
- Divide among bowls and top with Parmesan and pepper.

Nutritional Facts (per serving): Calories: 519, Carbohydrates: 81 grams, Protein: 21 grams, Total Fat: 11 grams, Saturated Fat: 6 grams, Cholesterol: 35 mg, Sodium: 1868 mg, Fiber: 5 grams, Total Sugars: 5 grams.