

## FETTUCCHINE ALFREDO (low fat)

1 T margarine

2 small cloves garlic, minced

1 T flour

1-1/3 C skim milk

2 T light process cream cheese product

1-1/4 C (2-1/2 oz) grated fresh Parmesan cheese, divided

4 C hot, cooked fettuccine

2 t chopped fresh parsley

Freshly ground pepper

Melt margarine in a saucepan over med. heat. Add garlic; saute 1 min. Stir in flour. Gradually add milk, stirring with a wire whisk until

blended; cook 8 min. or until thickened and bubbly, stirring constantly. Stir in cream cheese, cook 2 min. Add 1 C Parmesan cheese, stirring constantly until it melts. Pour sauce over hot, drained fettuccine; toss well to coat. Top with remaining  $\frac{1}{4}$  C Parmesan cheese, fresh parsley and pepper. Serves 4. Per serving: 345 calories.