

Fettuccine Alfredo (Almost)

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*8 ounces cooked fettuccine
1 1/2 teaspoons butter
1/4 cup light cream cheese
1 1/3 cups skim milk
2 tablespoons dried parsley
1/8 teaspoon ground pepper
1/8 teaspoon nutmeg
3/4 cup Parmesan cheese
Parmesan cheese (for
garnish)*

Bring a pot of water to a boil. Cook the noodles according to package directions. When the noodles are done, drain and set aside.

While the noodles are cooking, melt the butter in a medium saucepan over medium heat. Add the cream cheese and milk, stirring constantly with a whisk until well blended and smooth. Add the parsley, pepper and nutmeg. Gradually add the Parmesan cheese, stirring constantly. Briskly stir until the cheese is melted and incorporated, about 3 minutes (the sauce will be thin). Remove from the heat.

Place the cooked and drained noodles in a large serving bowl. Pour the sauce over the noodles. Toss well. Garnish with additional Parmesan cheese.

Serve immediately.

Per Serving (excluding unknown items): 576 Calories; 34g Fat (54.2% calories from fat); 42g Protein; 23g Carbohydrate; 1g Dietary Fiber; 100mg Cholesterol; 1671mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 4 Fat; 1/2 Other Carbohydrates.