



Low Fat Herbed Fettuccine Alfredo

8 oz fettuccine (try one of the whole wheat varieties)

¼ cup sliced green onion

2 cloves garlic minced

2 tsp. olive oil

1 Tbsp. flour

12oz can evaporated skim milk

½ tsp dried thyme and basil

¼ cup parmesan cheese

Black pepper

- Add vegetables, 2 cups steamed fresh or frozen vegetables of choice, such as spinach or broccoli
- Cook pasta according to package instructions. Set aside.
- In a medium sauce pan, sauté onion and garlic over medium heat. Stir in flour, slowly add milk and herbs. Bring to a boil. Immediately, reduce heat to low and simmer. uncovered for 3 – 5 minutes, until slightly thickened and bubbly. Stir and cook for one minute more. If desired, add vegetables. Remove from heat and stir in parmesan cheese. Mix with pasta and serve.

Nutritional Information:

Calories: 223

Saturated fat: 1g

Fiber: 5g

Total Fat: 3.45g

Carbohydrates: 38g

Protein: 13g