

Creamy Light Fettuccine Alfredo

Ingredients

- 1 Tbsp salt
- 1 lb fettuccine or other pasta, dried
- 1 cup chicken broth, low-sodium
- 1 cup evaporated milk
- 2 garlic cloves, minced
- 1 1/2 Tbsp butter
- 3 Tbsp flour
- 1/4 cup parmesan cheese, plus extra for sprinkling

Directions

In large soup kettle, bring 2 quarts water and 1 Tbsp salt to a boil. Add pasta and cook (partially covered and stirring frequently at first to prevent sticking) until just tender. Use cooking instructions on package.

Microwave broth, milk and garlic for 3-4 minutes in a 1-quart glass measuring cup or small microwave-safe bowl until steamy hot. Let stand for a couple of minutes.

Melt butter in a Dutch oven or large saucepan over low heat. Whisk in flour, then hot milk mixture all at once, whisking constantly until sauce thickens, 1-2 minutes. Stir in parmesan cheese. Add salt and pepper to taste. Simmer about 5 minutes to blend flavors. Drain pasta, reserving 1 cup pasta cooking liquid. Return pasta to pot.

Pour cream sauce over pasta, adding enough reserved cooking liquid to moisten. Toss and serve immediately with a light sprinkling of parmesan cheese.

If you have any leftover pasta, pour it onto a baking sheet to cool quickly, and then refrigerate. Save any remaining pasta cooking liquid to toss with pasta when reheating. Leftover pasta can be refrigerated, covered, for up to 4 days. To reheat, microwave on high or warm over low heat, stirring in enough water or reserved pasta cooking liquid to make the dish creamy again.

Yield 6 servings

Nutritional Information

Calories 376, Fat 6g, Carbohydrates 65g, Cholesterol 14mg, Sodium 716g, Fiber 2g, Protein 15g



Fettuccine with a delicate creamy sauce adorned with parmesan cheese creates this wholesome pasta dish for those with lighter taste.

