



Fettuccine Alfredo

1 Tbsp.	Margarine
2 small cloves	Garlic, minced
1 Tbsp.	All-Purpose Flour
1 1/3 cups	Skim Milk
2 Tbsp.	Light Cream Cheese
1 cup	Grated Fresh Parmesan Cheese, divided in half
4 cups	Hot Cooked (al dente) Fettuccine, cooked without fat or salt
2 tsp.	Chopped Fresh Parsley
	Freshly Ground Pepper

Melt margarine in saucepan over medium heat. Add garlic and saute 1 minute. Stir in flour. Gradually add milk, stirring with a wire whisk until blended. Cook 8 minutes or until thickened and bubbly, stirring constantly. Stir in cream cheese, and cook 2 minutes. Add $\frac{3}{4}$ cup parmesan cheese, stirring constantly until it melts. Pour over hot cooked fettuccine. Toss well to coat. Top with remaining $\frac{1}{4}$ cup parmesan cheese, fresh parsley, and pepper.

Note: Al dente means cooked until slightly firm

Yield: 4 servings	Carbohydrates: 47 gms
Serving: 1 cup	Fiber: 2 gms
Calories: 345	Cholesterol: 18 mg
Protein: 17 gms	Iron: 2 mg
Fat: 9 gms	Sodium: 401 mg
Saturated: 4 gms	Calcium: 333 mg
Monoun. 3 gms	
Polyun. 1 gm	
Exchanges: 2 starches, 1 lean meat, 1 milk, 1 fat	