

Alfredo

Ingredients:

8 ounce fat free soft cheese

1/2 cup parmesan reduced-fat topping

1 cup 1% milk

1/2 cup to 1 cup water

1 teaspoon garlic

Directions:

Over low heat combine cream cheese and milk, stirring so cream cheese does not stick to pan. As cream cheese begins to melt, add in 1/2 cup of water and garlic. After cream cheese is melted, whisk in parmesan cheese until smooth. If mixture is too thick add the other 1/2 cup of water, a little at a time.

Half a cup of sauce equals 2 points, 3 points plus

Optional: In a separate pan you can saute onions, peppers, mushrooms, all are zero points, and Jennie-O Italian sausage, 3 points or 3 points plus. If you put over pasta that is not included in these points.

