



## **Fettuccine Alfredo**

**Serves 8**

**courtesy of American Heart Association**

*Now you can have all of the richness of Alfredo sauce with only a fraction of the usual sodium, saturated fat, and calories. The addition of lemon gives this dish a fresh twist.*

16 ounces dried whole-grain fettuccine  
2 cups fat-free milk, divided use  
2 Tbsp all-purpose flour  
1/3 cup grated Parmesan cheese, divided use  
2 tsp fresh lemon juice  
1/8 tsp pepper, white preferred  
2 Tbsp finely snipped fresh parsley  
1/4 tsp salt  
1 medium lemon cut into 4 wedges (optional)

Prepare the pasta using the package directions, omitting the salt. Drain well in a colander. Cover to keep warm.

Meanwhile, in a small bowl, whisk together 1/4 cup milk and the flour until smooth. Heat a medium saucepan over medium heat. Pour the mixture into the saucepan.

Whisk in the remaining 1 1/4 cups milk. Bring to a boil. Cook for 15 minutes or until thickened, stirring constantly with a flat spatula to keep the sauce from sticking to the bottom of the pan.

Stir in 1/4 cup Parmesan and the lemon juice and pepper.

Transfer the pasta to the platter. Pour the sauce over the pasta. Sprinkle with the parsley, salt, and remaining 1 1/2 tablespoons Parmesan. Garnish with the lemon wedges.

### **Nutritional Analysis**

Calories	235
Fat	2.0g
Saturated Fat	1.0g
Trans Fat	0.0g
Polyunsaturated Fat	0.5g
Monounsaturated Fat	0.5g
Cholesterol	3mg
Sodium	155mg
Carbohydrates	47g
Dietary Fiber	7g
Sugars	4g
Protein	11g
Calcium	125mg
Potassium	206mg

**Dietary Exchanges:** 3 starch, 1/2 very lean meat