

Lighten Up Alfredo (Light & Delicious)

Recipe by Sandra Allonen

1 Tbsp. light butter
1 Tbsp. flour
1 cup non-fat milk
1 Tbsp. Halladay's Sundried Tomato Basil Alfredo Bistro Pasta Seasoning
2 Tbsp. light cream cheese
1/2 cup Parmesan, grated
1/8 tsp. nutmeg

In a saucepan, melt butter. Add flour and whisk until smooth. Slowly whisk in milk. Stir in cream cheese and seasoning until smooth; add nutmeg. Whisk in cheese and salt and pepper to taste.