



Skinny Alfredo Sauce

Jacob · 30/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

4

Description

This is a skinny version of everyones favorite Alfredo sauce You wont miss the cream or butter one bit

Ingredients

— - 1 tablespoon grapeseed oil - 1 tablespoon minced garlic - 1 tablespoon all-purpose flour - 1 cup chicken broth - 1 cup fat-free milk - 1 cup grated Parmesan cheese - ½ teaspoon salt - ¼ teaspoon ground black pepper

Instructions

1. Heat oil in a saucepan over medium heat. Add garlic; cook and stir until golden
2. about 1 minute. Mix in flour and cook until you have a thick paste
3. about 1 minute. Whisk chicken broth in slowly until mixture is smooth
4. about 2 minutes. Pour in milk and whisk until smooth. Simmer mixture until thick
5. about 10 minutes. Add Parmesan cheese
6. salt
7. and pepper; stir until cheese melts and sauce is smooth.