

Healthier Quick and Easy Alfredo Sauce

Jacob · 30/09/2024

**Prep Time**

10 mins

Difficult

Medium

Servings

4

Description

This alfredo is great just a little lighter than before Not as rich but still so tasty Great when served with whole wheat noodles

Ingredients

— - ¼ cup butter - 1 (8 ounce) package fat-free cream cheese - 2 teaspoons garlic powder - 2 cups non-fat milk - 6 ounces grated Parmesan cheese - ? teaspoon ground black pepper

Instructions

1. Melt butter in a non-stick saucepan over medium heat; melt cream cheese and garlic powder in butter
2. whisking Pour in milk
3. a little at a time
4. whisking to smooth out lumps. Stir in Parmesan cheese and pepper until smooth. Remove from heat when sauce reaches a creamy and thick consistency
5. about 5 minutes. Editor's Notes: This sauce will thicken rapidly as it cooks - thin with additional milk if cooked for too long. This recipe is a healthier version of Quick and Easy Alfredo Sauce.