

Alfredo Sauce

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

2 teaspoons cracked black pepper

1½ cups fat free half and half

½ cup grated Parmesan cheese

Pinch of salt

1 egg yoke

Directions

Roast the cracked black pepper in a dry skillet. Add the half and half and reduce 3 to 5 minutes. Stir in the parmesan. Season with salt if needed. Stir in the egg yoke and working quickly, whisk continuously to blend before the yoke coagulates. Bring the sauce to a simmer to fully cook the egg. The sauce should be smooth and creamy. Serve immediately over fettuccini or your favorite pasta.

Exchanges per serving:

½ Skim Milk, 1 Fat

Nutrients per serving:

Calories: 82

Calories from fat: 36

Total Fat: 4g

Saturated Fat: 2g

Cholesterol: 45mg

Sodium: 232mg

Carbohydrate: 6g

Dietary Fiber: 0g

Protein: 5g