

Guiltless Fettuccini Alfredo



Ingredients:

- 1 package reduced fat Neufchatel cream cheese, softened
- 1 box whole grain linguini, uncooked
- 2 cups fat-free, reduced-sodium chicken broth
- 4 teaspoons flour
- ¼ cup Parmesan cheese, shredded
- ½ teaspoon ground nutmeg
- 1 teaspoon ground pepper
- 1 teaspoon kosher salt
- 2 tablespoons fresh parsley, chopped

Directions:

- 1) Cook the pasta according to package directions, drain and set aside in a serving bowl.
- 2) In a medium saucepan over medium heat, whisk the broth and the flour together until blended.
- 3) Add in the cream cheese, Parmesan, nutmeg, salt and pepper and continue to whisk until all ingredients are combined and the sauce begins to thicken.
- 4) When the sauce has reached the level of creaminess you prefer, add it to the bowl with the cooked pasta and toss the mixture until the pasta is thoroughly coated.
- 5) To serve, spoon a portion of the pasta onto a plate and sprinkle it with the fresh chopped parsley and shredded Parmesan.