

Alfredo White Sauce

Alfredo sauces are always very high in fat! Only indulge very occasionally and with smaller portions. The flavor is best with all three cheeses.

Hard margarine (or butter)	1/4 cup	60 mL
All-purpose flour	1 tbsp.	15 mL
Pepper (white is best)	1/8 tsp.	0.5 mL
Half-and-half cream (or homogenized milk)	2 cups	500 mL
Grated Asiago cheese	1 1/2 cups	375 mL
Grated mozzarella cheese	1 1/2 cups	375 mL
Finely grated Parmesan (or Romano) Cheese	1/2 cup	125 mL

Melt margarine in medium saucepan. Add flour and pepper. Heat and stir for 30 seconds.

Gradually stir in cream until boiling and slightly thickened. Sauce should just barely coat back of spoon. Remove from heat.

Add all 3 cheeses. Stir until melted. Makes 2 3/4 cups (675 mL).

1/4 cup (60 mL): 191 Calories; 14.8 g Total Fat; 257 mg Sodium; 11 g Protein; 4 g Carbohydrate; trace Dietary Fiber

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