



# Family Plan

## Fettuccine with Light Alfredo Sauce

Serving Size : 4 Preparation Time :0:00

Categories : Main Dish

Amount Measure Ingredient -- Preparation Method

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- 1 pound Fettuccine, Linguine or Spaghetti -- uncooked
  - 1 cup evaporated skim milk
  - 1/2 cup chopped fresh parsley
  - 1/4 teaspoon white pepper
  - 1/2 cup grated Parmesan cheese
  - 4 ounces green onions -- sliced (white parts only)
- White Pepper -- to taste

Prepare pasta according to package directions; drain. In a large saucepan, bring the evaporated milk to a simmer over moderate heat. Stir in the Parmesan cheese, green onions and parsley. As soon as it has melted, and the sauce is thick and creamy, pour over cooked pasta. Season to taste with white pepper.

Source: "National Pasta Association"

S(Internet address): "<http://ilovepasta.org/>"

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Per Serving (excluding unknown items): 528 Calories; 5g Fat (8.7% calories from fat); 24g Protein; 95g Carbohydrate; 4g Dietary Fiber; 10mg Cholesterol; 276mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 0 Fat.