



## **Slimmed Down Alfredo**

### **Sauce**

- 5 ml Butter
- 125 ml Evaporated Milk
- 7 ml flour
- Pinch salt, pepper, and nutmeg
- 10 ml Parmesan cheese

### **Noodles**

- Fettuccini noodles
- 125 ml bite sized vegetables

**Boil water with 2 ml salt.**

**Add pasta when water is at full boil.**

**Boil for 6 minutes**

**Add cut vegetables**

**Boil for 2 minutes.**

**Melt butter in a medium saucepan over medium high heat**

**Add flour and whisk in milk with salt pepper and nutmeg**

**Stir until bubbly; add noodles and sprinkle with Parmesan Cheese**

**Garnish with parsley.**