

Pasta Alfredo

Ingredients

- 2 cups skim milk
- 1/3 cup (3 ounces) 1/3-less-fat cream cheese
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1 teaspoon trans-fat free margarine
- 3 garlic cloves, minced
- 1 cup (4 ounces) grated Parmigiano-Reggiano cheese
- 1 pound asparagus, trimmed and cut into 2-inch pieces (about 2 cups)
- 16 ounces uncooked whole wheat fettuccine or other pasta
- 2 tablespoons olive oil
- 1/4 teaspoon freshly ground black pepper
- Cooking spray

Preparation

Preheat oven to 425° F.

1. Combine first four ingredients in a blender; process until smooth.
2. Melt margarine in a saucepan over medium-high heat. Add garlic; sauté 30 seconds. Add milk mixture to pan; cook 3 minutes or until mixture simmers, stirring constantly. Cook 2 minutes or until thickened, stirring constantly. Remove from heat; stir in cheese. Cover.
3. Place asparagus on jelly-roll pan coated with cooking spray. Bake at 425° for 10 minutes or until browned, stirring once.
4. Cook pasta according to package directions, omitting salt and fat; drain well.
5. Place pasta and asparagus in a large bowl. Add cheese mixture, tossing well. Add olive oil and pepper; toss gently. Serve immediately.

Nutrition Information

Calories: 296 (35% from fat)
Fat: 11.4 g (sat 5.2 g, mono 4.7 g, poly 0.8 g)
Protein: 14.5 g
Carbohydrate: 34.9 g
Fiber: 3.7 g

Sodium: 602 mg
Calcium: 276 mg
Iron: 2.8 mg