

Alfredo Sauce



Here's our balanced version of a comforting classic, Alfredo sauce. By using a milk base instead of cream, our Alfredo sauce recipe is 50% lower in fat than commercial versions.

Preparation 15 min

Cooking 17 min

Servings 6

Nutrition Facts (per serving)

Calories 140

Fat 9

Carbohydrates 9

Fibre 0

Protein 6

Sodium 435

Ingredients

- 500 ml (2 cups) milk
- 45 mL (3 tbsp) all-purpose flour
- 15 mL (1 tbsp) butter
- 2 cloves garlic, finely chopped
- 80 mL (? cup) cream cheese
- 80 mL (? cup) grated Parmesan cheese

- 15 mL (1 tbsp) Bas-du-fleuve salted herbs
- Salt and pepper, to taste

Note: By using a milk base instead of cream, our Alfredo Sauce recipe is 50% less fatty than commercial versions. You can replace the salted herbs with 2 ml (½ tsp.) of salt and 10 ml (2 tsp.) of Italian herbs or dried parsley.

Preparation

1. In a medium bowl or large measuring cup, whisk together the milk and flour until smooth. Season with salt and pepper.
2. Melt the butter in a saucepan over medium heat. Add the garlic and cook for 2-3 minutes, stirring constantly, until the garlic is golden.
3. Gradually pour the milk mixture into the saucepan while whisking constantly. Cook over medium heat for 6-8 minutes, stirring, until the sauce thickens.
4. Stir in the cream cheese, Parmesan cheese, and seasoned herbs into the milk mixture. Cook for an additional 1–2 minutes, or until the cheeses are melted. Adjust the seasoning to taste.
5. Serve the sauce over pasta with a side of green vegetables and a protein source such as chicken, shrimp, or salmon for a complete meal.

Notes

Can be stored for 4-5 days in the refrigerator or 3 months in the freezer.



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