

**Lighten Up Alfredo** (Light & Delicious)

Recipe by Sandra Allonen

1 Tbsp. light butter

1 Tbsp. flour

1 cup non-fat milk

1 Tbsp. Halladay's Sundried Tomato Basil Alfredo Bistro Pasta Seasoning

2 Tbsp. light cream cheese

1/2 cup Parmesan, grated

1/8 tsp. nutmeg

In a saucepan, melt butter. Add flour and whisk until smooth. Slowly whisk in milk. Stir in cream cheese and seasoning until smooth; add nutmeg. Whisk in cheese and salt and pepper to taste.