

A Fit Fettuccine Alfredo

Can it be possible...A way to make Fettuccine Alfredo (one of the most highly caloric and fattening dishes out there) healthy, but still taste just as good? Give this slim and trim recipe from "[Eat This, Not That](#)" a try, and you can be the judge!

Healthy Fettuccine Alfredo

- 1 Tbsp butter
- 1/4 cup minced onion
- 1 Tbsp all purpose flour
- 1 1/4 cup skim milk
- 1 cup freshly grated Parmesan cheese
- 2 Tbsp reduced-fat cream cheese
- Pinch of nutmeg, salt, and pepper
- 4 cups cooked whole wheat fettuccine

Heat the butter in a large saucepan over medium heat. Add the onion and cook for 2 minutes. Add the flour and cook another 2 minutes, stirring constantly until flour gives off a nutty aroma. Add the milk gradually, whisking as you go to prevent the flour from clumping. Simmer for 5 to 10 minutes, until sauce has thickened. Add Parmesan cheese, cream cheese, nutmeg, salt, and pepper to taste. Toss the sauce with the cooked fettuccine, and serve! (makes 4 servings)

265 calories, 5g fat, 128mg sodium