



Fettuccine Alfredo Primavera

2 c bell pepper strips • 1/4 c water • 1 c small snow peas • 1/2 c chopped red onion • 1 T low-cal margarine • 2 garlic cloves, minced • 1 T all-purpose flour • 1-1/3 c low-fat milk • 2 T light cream cheese • 1-1/4 c finely shredded Romano cheese • 4 c cooked fettuccine (8 oz. uncooked) • freshly ground pepper • fresh basil sprig (optional)

Place bell pepper and 1/4 cup water in a 1-quart casserole. Cover and microwave at HIGH 30 sec. Add snow peas and onion; cover and microwave at HIGH 4 min. or until crisp-tender. Drain, and set aside.

Melt margarine over medium heat. Add garlic; saute 1 min. Stir in flour. Gradually add milk, stirring with a wire whisk until blended; cook 8 minutes or until thick and bubbly, stirring constantly. Stir in cream cheese; cook 2 minutes, stirring constantly.

Add 1 cup Romano cheese, stirring until melted. Remove from heat; pour over hot cooked fettuccine. Add snow pea mixture; toss gently to coat. Sprinkle with remaining Romano cheese, and freshly ground pepper. Garnish with basil, if desired. Yield: 4 servings

Prep. Time: 5 min.

Cooking Time: 20 min.

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Calories 382 • Protein 17.7g • Fat 10.6g • Carb 53.9g •
Fiber 2.9 • Chol 29mg • Iron 3.3 • Sodium 326mg