

Light Fettucine Alfredo

8 oz. fat-free cream cheese
3/4 cup fat-free Parmesan cheese
1/2 cup fat-free margarine
1/4 cup skim milk
8 oz. fettucine, cooked

In a large pan, combine cheeses, margarine and milk. Stir over low heat until smooth. Add fettuccine; toss lightly. Makes 4 servings.

Nutrition information per serving: calories 380; protein 25 grams; fat 3 grams; sodium 767 mg