**Alfredo Sauce**

**Serves2-3**

**Ingredients**

15 mL butter

200 mL 2% milk

15ml mL flour

40 mL parmesan cheese

2.5 cloves garlic

1 mL dried basil

30 mL low fat sour cream

1 mL salt, 1 mL pepper

80mL frozen peas, thawed

15 mL chopped fresh parsley

**Method**

1. Melt the butter in a medium saucepan over medium heat. Add the garlic and sauté for 1 minute.
2. Mix the milk and flour together until smooth. Add to garlic.
3. Increase heat to medium-high. Cook and stir until mixture is bubbly and thickened, about 4-5 minutes.
4. Reduce heat to low.
5. Stir in parmesan cheese, basil salt and pepper. Cook for 1-2 minutes.
6. Stir in sour cream and peas. Cook until heated through, about 2 minutes.
7. Pour sauce over fettuccine and toss to coat. Sprinkle parsley over top.