

## Low Carb Alfredo Sauce

Great on spaghetti squash or over steamed cauliflower! (This is also a great gluten free dish)

### Ingredients

2 Tbls butter  
4 oz light cream cheese  
2 cups 2% milk  
1/3 cup parmesan cheese  
1/8 tsp ground nutmeg  
½ tsp salt  
¼ tsp pepper



### Directions

1. Heat butter in saucepan and add cream cheese. Stir over low heat until melted.
2. Add milk and bring to boil, continue to stir until mixture thickens slightly.
3. Reduce heat and stir in Parmesan cheese and seasonings. Cook an additional 1-2 minutes while stirring.

Makes 4 servings

### Nutrition Facts:

Calories 203  
Total Fat 13g  
Total Carbohydrates 8.3g  
Dietary Fiber 0g  
Protein 9.3g

Note: Add mushrooms or other vegetable to add variety!