



## HOMEMADE "ALFREDO" SAUCE

BY DANETTE PETERSON • SERVING SIZE: ½ CUP SAUCE • MAKES 3 SERVINGS • READY IN 10 MINUTES

### **Profile Pasta of choice**

- 1 ½ cups low-fat cottage cheese
- ½ cup low-sodium chicken broth
- ¼ cup parmesan cheese
- ½ tsp garlic powder
- 1 tsp low-calorie sweetener, optional

### **Directions:**

1. In a small blender, combine cottage cheese, parmesan cheese, garlic powder and sweetener. Blend until smooth. Heat sauce in microwave or on stove until desired temperature.
2. Pour over warm, prepared Profile Pasta and serve.



**Profile Exchange:** 2 oz very lean protein, 1 flex food