



SKINNY ALFREDO SAUCE

Basic Lifestyle

INGREDIENTS

1 TBS grapeseed oil
1 TBS minced garlic
1 TBS all-purpose flour
1 cup chicken broth
1 cup 1-2% milk
 $\frac{2}{3}$ cup grated or shredded Parmesan cheese
 $\frac{1}{2}$ TSP salt
 $\frac{1}{4}$ TSP ground black pepper

INSTRUCTIONS

—Heat oil in a saucepan over medium heat. Add garlic; cook and stir until golden, about 1 minute. Mix in flour and cook until you have a thick paste, about 1 minute. Whisk chicken broth in slowly until mixture is smooth, about 2 minutes. Pour in milk and whisk until smooth.

—Simmer mixture until thick, about 10 minutes. Add Parmesan cheese, salt, and pepper; stir until cheese melts and sauce is smooth.

SERVING INFO: (Yields 4 servings): $\frac{1}{2}$ cup = 1 M

See photo of recipe at [Instagram](#) and [Facebook](#).