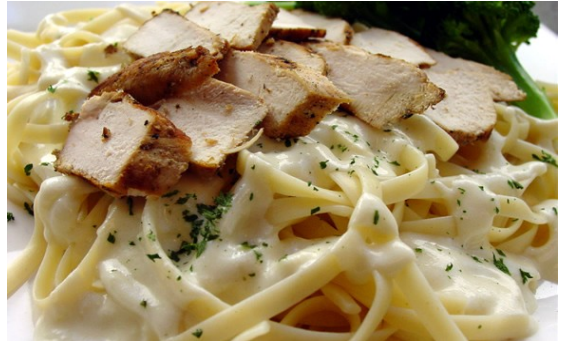


Ingredients for Fettuccine Alfredo:

2 tbsp. butter
1 tbsp. olive oil
1 tbsp. flour
1 tbsp. garlic (2-3 cloves)
1 1/4 -1 1/2 cups milk (or half-n-half)
1 1/4 -1 1/2 cups finely shredded Parmesan
1/3 cup part skim ricotta cheese

**Optional Ingredients:**

parsley (fresh or dried)
grilled chicken, shrimp, sausage
fresh black pepper

NOTES: Makes 1 1/2 cups Alfredo sauce. Served over noodles, makes 4 side dish servings or 2-3 entree servings.

Directions:

1. **Make the roux.** In a saucepan over medium heat combine 1 tablespoon butter and 1 tablespoon olive oil. Add 1 tablespoon flour to make a roux. Cook flour until light golden in color. Gradually add milk (or half-n-half) to roux while stirring continuously. Mixture will not be *that* thick. Don't worry.
2. **Make the sauce.** Lower heat to medium-low and stir in 1 cup Parmesan cheese. Mixture will begin to thicken and bubble. Do not allow to boil. Stir in minced garlic allow to cook a few minutes more. Add ricotta cheese and incorporate. Mixture will be thickened.
3. Give a **taste and adjust seasonings** and consistency. Add more milk/half-n-half and Parmesan cheese as needed. For extra richness, stir in 1 tablespoon butter just before serving.
4. **Serve** over cooked Fettuccine noodles. Dress it up with a crack of black pepper, a sprinkling of parsley and grilled chicken if desired.