

Alfredo Sauce (with fettuccine)

SOURCE: AOL COOKING LIGHT

All'Alfredo might have languished as an indulgence in a Roman restaurant if it weren't for Hollywood star-power – so says John Mariani in *The Dictionary of Italian Food and Drink*: Restaurateur Alfred Di Lelio tossed hot, fresh egg noodles with melted butter and the soft, sweet core of Parmigiano-Reggiano cheese to create the simple, luxurious dish Mary Pickford and Douglas Fairbanks Jr. fell in love with on their 1927 honeymoon. Back in Hollywood, the stars spread the word about Di Lelio's creation. American chefs began making it, shortening the name to Fettuccine Alfredo. Along the way, heavy cream was added, and the dish evolved into an international favorite.

INGREDIENTS:

1 lb uncooked fettuccine
1 TBS butter
1-1/4 C half-and-half
3/4 C (3 oz) grated fresh Parmesan
1/2 tsp salt
1/4 tsp black pepper

INSTRUCTIONS:

We used half-and-half instead of whipping cream and decreased the amount of butter and cheese ever so slightly to lower the fat by about 10 grams/serving.

1. Cook pasta according to package directions, omitting salt and fat.
2. Melt butter in a large skillet over medium heat. Add half-and-half, cheese, salt and pepper; cook 1 minute, stirring constantly. Reduce heat; add pasta, tossing gently to coat.

YIELD: 6 servings (serving size: 1-1/2 C)

NUTRITIONAL INFORMATION: CALORIES 427 (31% from fat); FAT 14.6g (sat 7.8g, mono 4.2g, poly 1.3g); PROTEIN 17.2g; CARB 56.5g; FIBER 2.1g; CHOL 105mg; IRON 3.6mg; SODIUM 479mg; CALC 245mg