

Linguine Alfredo (from Weight Watchers New Complete Cookbook)

**POINTS®** Value: 6 Servings: 4

**Ingredients**

1 T butter  
2 garlic cloves, minced  
1 T flour  
1 cup fat-free milk  
1/4 cup fat-free cream cheese  
1/4 cup grated Asiago or Parmesan cheese  
1 cup broccoli florets  
1 medium red bell pepper, seeded and cut into  
1-inch pieces  
1 carrot, thinly sliced  
4 cups hot cooked linguine

**Instructions**

- 1) In a medium nonstick saucepan over medium-low heat, melt the butter. Sauté the garlic until fragrant, about 30 seconds. Whisk in the flour, then gradually whisk in the milk; cook, stirring constantly, until slightly thickened, about 2 minutes. Whisk in the cream cheese and Asiago; cook, stirring, until smooth, 1-2 minutes. Remove from the heat and cover to keep warm.
- 2) Meanwhile, place the broccoli, bell pepper, and carrot in a steamer basket; set in a saucepan over 1 inch of boiling water. Cover and steam until tender-crisp, about 3 minutes.
- 3) In a large bowl, combine the pasta and steamed vegetables. Add the cheese sauce; toss to coat thoroughly. Serve at once.