

Scrumptious Alfredo

Makes 4 servings
Prep time: 10 minutes
Cook time: 15 minutes



INGREDIENTS:

8 oz. dried small pasta (shells, macaroni, ditalini)
1 1/2 cup 1% low-fat milk
3 tbsp. flour
2/3 cup grated Parmesan cheese
1/2 cup reduced-fat sour cream
4 oz. lean deli ham, diced
1 1/2 cups frozen peas, thawed

INSTRUCTIONS:

Cook the pasta according to package directions. Drain and set aside. Return the saucepan to the stove (do not place over heat just yet). Add the milk and flour and whisk until well blended. Place over medium-high heat and bring to a simmer, stirring constantly. Reduce the heat and continue to simmer and stir gently until the mixture thickens slightly, about 2 minutes. Add the Parmesan cheese and sour cream and stir until well blended. Stir in the pasta, ham, and peas, heat through.

Enjoy!