

Parmesan Alfredo Sauce

Submitted By: Barbara Geller

Categories: Pasta

** Ingredients

4	Tbsp	Butter
3	Tbsp	Flour (1.5 oz)
1 1/4	cup	Half and Half or Heavy Cream
2	tsp	Parsley, fresh chopped
1	clove	Garlic
1/4	tsp	Nutmeg
1 1/2	cups	Parmesan Cheese (about 6 oz)

** Directions

Combine butter and flour in a sauce pan and cook over medium heat until light brown. Cook slowly about 15 to 20 minutes for a lovely flavor.

Add slightly warm milk and cook thoroughly. Add parsley, garlic, and nutmeg then simmer for around 10 minutes.

Add cheese a bit at a time. Simmer until done. Do not overheat after the cheese has been added.