

David's Alfredo Sauce

4 tablespoons olive-oil-butter blend (see recipe on this site) or either alone
4 tablespoons sifted flour
1 cup half & half or whole cream (or fat free half & half)
1 pkg. (8 oz.) cream cheese (or fat free cream cheese)
1 cup of buttermilk (or low fat)
12 oz. shredded Italian cheeses (Mozzarella, Romano, etc.)
(Kraft has a package of 5 shredded Italian cheeses that I use)
1 bottle of sun dried tomatoes (in olive oil) diced
1.5 Tbsps of garlic paste (or 4-5 cloves finely minced)
1/2 Tsp of crushed Rosemary
1/2 Tsp fresh nutmeg
1/4 cup white cooking wine
salt and pepper to taste

Start one box of linguini cooking while you prepare the sauce. I use Dream Field low carb linguini.

Melt butter and add garlic paste. If minced garlic is used sauté for a couple of minutes. Mix butter and garlic well and begin adding sifted flour and stirring into the garlic butter. Cook for 2-3 minutes, stirring constantly to cook flour. Add cream, buttermilk and wine blending well. Add the remaining ingredients, except cheese, and stir. Add cream cheese cut into pieces and stir until melted. Add shredded cheese and stir until melted and sauce is smooth. Add more milk if thinning is needed.