

Alfredo Sauce

Butter	1 stick (½ cup)
Parmesan cheese - grated	½ cup
Fat free half & half	1 ¼ cups
Salt & pepper	½ tsp each

Prepare Alfredo Sauce:

Place fat free half & half in a heavy bottom saucepan and simmer until reduced to 2/3 cup. Remove pan from stove and add butter, salt & pepper. Set aside to cool.

Pesto Sauce

Roasted garlic	1/3 cup
Walnuts - chopped fine	½ cup
Parmesan cheese - grated	2/3 cup
Salt	1 tsp
Pepper	½ tsp
Fresh cilantro	3 cups, loosely packed
Extra virgin olive oil	2/3 cup

Prepare Pesto Sauce:

With food processor running, drop in all ingredients EXCEPT olive oil and process until finely chopped. With motor running, add oil & blend until incorporated. Stir Pesto into cooled Alfredo mixture and stir in the ½ cup grated Parmesan cheese remaining to complete the Alfredo recipe. Set aside.

Meanwhile, gently warm the Pesto -Alfredo Sauce.