

*Sweetnicks.com*

*Pasta Sauce Recipe*

- One 14 oz can of chicken broth
- One 8 oz block reduced fat cream cheese
- 1/4 cup Parmesan cheese
- 1 tablespoon minced onion
- 1 clove minced garlic
- pinch red pepper flakes
- salt and pepper to taste

In a skillet, bring broth to a boil. Add cream cheese; stir until melted and combined. Reduce heat to medium-low and add Parmesan cheese. Stir until melted. Add minced onion, garlic, red pepper flakes, salt and pepper. Reduce heat to simmer and cook about 5 minute. Mix with your favorite cooked pasta.