



EASY FETTUCCINE ALFREDO

February 7

National Fettuccine Alfredo Day

INGREDIENTS

- 1 Pound Fettuccine Pasta (enriched or WGR)
- 2 Tablespoons Butter
- 2 Teaspoons Minced Garlic
- 1 Pint Heavy Whipping Cream
- 1 Cup Parmesan Cheese, Grated
- ½ Teaspoon Garlic Pepper

DIRECTIONS

1. Cook noodles as directed on the package.
2. While the noodles are cooking, add butter to a pan and let melt.
Add the minced garlic and saute for 1-2 minutes.
3. Add whipping cream and bring to a simmer. Add 1 cup Parmesan Cheese and mix well.
(Sauce will thicken up)
4. Add pasta and mix until covered. Top with garlic pepper.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Lunch/Supper

YIELD

8 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	¼ Cup	½ Cup	1 Cup