

Broccoli and Mushroom Alfredo

Yield: Four Servings



Ingredients:

- 3/4 lb fettuccine or penne pasta**
- 1/2 lb of mushrooms**
- 1/2 lb of broccoli**
- 1 Tbsp oil**
- 2 Tbsp butter**
- 1 garlic clove**
- 1/3 lemon juice**
- 2 cups heavy whipping cream**
- 1/3 cup parmesan cheese**
- S&P to taste**
- Sprinkle of paprika**
- Parsley or basil for garnish if desired**

Steps:

- 1. In a pot, cook 1 lb fettuccine noodles in salted water until al dente state and drain. Don't rinse (this helps the sauce stick to the noodles better).**
- 2. In a pan turn on heat, then slightly season mushroom and broccoli with salt and pepper and a tbsp of oil, cook until soft, then take off of heat and set aside**
- 3. In another pan, over medium/high heat, add 2 Tbsp butter and garlic till golden. Stir in lemon juice to taste, then take off of heat, then, drain any excess liquids**
- 4. Stir in Cream to same pan and simmer for 2 min. Next, sprinkle the top with 1/3 cup parmesan (or add to taste) and stir just until creamy and smooth and remove from heat. Don't boil. Add about 1/4 tsp paprika and season with S&P to taste.**
- 5. Add the cooked mushrooms and broccoli, and sauce to pasta. Garnish with parsley, basil, extra parmesan or pepper if desired.**

For Judges Use Only

Please rate this pasta based on:

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|---------------------|--------------------|
| Taste | 4/ 5 maximum score |
| Presentation | 5/ 5 maximum score |
| Creativity | 4/ 5 maximum score |

Total Score: 13/ 15

Comments: The broccoli and mushroom combo were not our favorite, but the plate looked really clean and presentable.