



MAMA ALFREDO

'Community Through Cooking'

MAMA

ALFREDO

INGREDIENTS:

Pasta

- 1 lb fettuccine pasta
- 1 lb shrimp, shelled & deveined
- 2 tbsp olive oil
- 4 cloves garlic, minced
- ¼ stick butter
- salt
- peppercorns, crushed

Mama's Alfredo Sauce

- 8 oz alfredo sauce
- ½ cup heavy whipping cream
- ½ cup cherry tomatoes, sliced
- ½ cup baby spinach
- 1 tbsp Italian seasoning
- ½ cup parmesan cheese
- ¼ romano cheese

RECIPE:

When mama's home, you know you're getting fed. Here's a recipe straight from Mama Mandy that will keep your stomach and fridge stuffed for days.

We're going to make the shrimp first. In a medium saucepan, sauté your shelled & deveined shrimp with the butter & garlic for 5 minutes. You don't want to sauté them too long as they will continue to cook when added to your alfredo sauce. Add a little salt and pepper.

With your shrimp set to the side, prepare your pasta. In a large pot, bring the water to a boil and add the fettuccine. Pour in the olive oil to prevent the noodles from sticking, along with a pinch of salt. Boil for 9 to 10 minutes until the noodles are al dente and then drain. Stir and occasionally sample the fettuccine to ensure they are to your liking.

While the pasta is cooking, sauté your sliced cherry tomatoes for 4 minutes in a large saucepan. Then, add your baby spinach with the tomatoes and continue to sauté for another 4 minutes. In the same saucepan, add the alfredo sauce, heavy whipping cream and Italian seasoning. As your sauce begins to bubble, slowly add the parmesan and romano cheese. Once the cheese has completely melted, drop in the shrimp and continue to cook for another 3 minutes.

Combine the sauce and fettuccine with salt and pepper to taste. Serve with a glass of red wine and you're set. Enjoy!

-Al & Mama

