

FETTUCCHINE ALFREDO

6 to 8 servings

ALFREDO SAUCE:

1/2 cup (1 stick) butter

1 (3-ounce) package cream cheese

1 pint heavy cream

1 teaspoon garlic powder

1/2 cup grated Parmesan cheese

Salt and ground black pepper

1 pound uncooked fettuccine

1. Melt the butter in a medium saucepan over low heat. Mix in the cream cheese. Stir in the cream and garlic powder. Increase the heat and bring to a boil. Decrease the heat and simmer, stirring often, while you cook the pasta. If the sauce needs additional thickening (for example if you're serving it as a dipping sauce without pasta), you may sprinkle in flour, 1 teaspoon at a time. Cook and stir for desired consistency.
2. Cook the fettuccine according to package directions; drain.
3. Stir the Parmesan cheese into the sauce and season with salt and pepper to taste.
4. Toss the sauce and the pasta in a large bowl and serve immediately.

Serve with a tossed green salad and hot French bread or bread sticks.

Variations:

- ◆ For Chicken Alfredo, stir-fry bite-size chunks of chicken in 1 tablespoon olive oil until cooked and add to the sauce.
- ◆ If you're a seafood lover, toss the sauce with cooked medium shrimp or chunks of crab.

CONVERSATION STARTER:

There's an organization in town that distributes clothing to people in need. Let's have a closet clean-out party on Saturday and take things down to the drop-off. What clothes would you like to give to others?



TUESDAY ITALIAN NIGHT

This is not an expensive meal to make, but it tastes as if you really went all out. The versatile Alfredo sauce can also be used for my Red-and-White Mostaccioli (p. 73), as a pizza sauce, and as a dipping sauce for home-made bread sticks (p. 233).

To make a leaner Alfredo, substitute half-and-half or fat-free evaporated milk for the heavy cream and reduce or omit the cream cheese; the result will be a thinner sauce. Vary the ratio of pasta to sauce as desired.

CAN DO AHEAD

The finished sauce through step 3 can be refrigerated for up to 1 week.