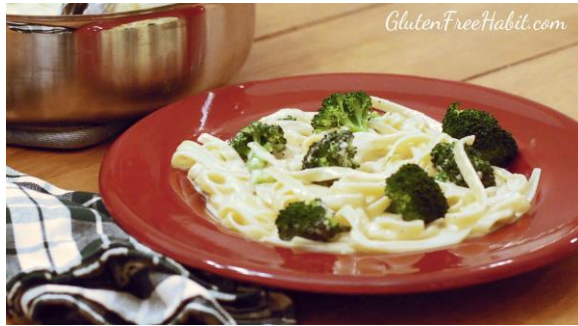


# Gluten Free Habit

## FETTUCCINE ALFREDO with BROCCOLI (gluten free)



Craving your favorite Italian restaurant's Fettuccine Alfredo?? This classic rich and creamy Fettuccine Alfredo will take care of that. This gluten-free pasta dish is made with a delicious Alfredo sauce of parmesan, heavy cream, and garlic. Who knows...you might even say this is *better* than your favorite restaurant's Alfredo!

Makes: 4-6 servings

### INGREDIENTS:

- |   |  |
|---|--|
| 1 stick butter  | ½ tsp. black pepper                                      |
| 2 cups heavy cream  | 2 large cloves garlic                                    |
| 1 cup (about 4 oz.) good parmesan cheese, shredded (not from a canister!) | 2 Tbsp. extra virgin olive oil                           |
| Parmigiano-Reggiano if possible   | 8 oz. Gluten free fettuccini (or your favorite GF pasta) |
| ¼ tsp. salt   | broccoli   |

### GETTING READY:

1. Bring large pot of water to a boil (for the pasta)
2. Crush and mince the garlic
3. Wash and chop the broccoli

### LET'S GET STARTED:

1. In a saute pan over medium-low heat, brown garlic lightly in the olive oil (only takes a minute or so...don't let it scorch!)
2. Add butter and let it melt.
3. Add pasta to boiling water. Cook to al dente (about 8-10 minutes). Drain when done.
4. To the garlic/butter pan, add heavy whipping cream, salt, and pepper. Whisk.
5. Bring only to a simmer, whisking. Simmer 5 minutes, whisking frequently. *Avoid boiling as this can cause your sauce to be grainy.*
6. Slowly add parmesan to sauce, 1/3 at a time, allowing for melting between each addition. Whisk quickly.
7. Continue simmering/whisking until sauce has thickened.
8. As sauce is thickening, prepare a double-boiler.
9. When water is steaming, add in broccoli.
10. Steam broccoli and drain when cooked to desired tenderness.
11. When sauce has reached desired consistency, add pasta and stir.
12. Gently stir in broccoli.
13. Serve immediately.