
Asparagus with Alfredo Sauce

Rose Graham

Nettles Island Cooking in Paradise - 2014

ALFREDO SAUCE

1 pint heavy cream

1/2 cup (one stick) unsalted butter, softened

1 cup Parmigiano-Reggiano cheese, freshly grated

freshly cracked black pepper

fresh flat-leaf parsley (for garnish), chopped

ADDITIONAL INGREDIENTS

1/2 pound asparagus

1 to 2 thin slices prosciutto

1 to 2 cloves roasted garlic

ziti pasta

Make the Alfredo Sauce: In a deep saute' pan over medium-low heat, heat the heavy cream. Add the butter and whisk gently to melt. Sprinkle in the cheese and stir to incorporate. Season with the black pepper.

In a large stockpot, cook the pasta in plenty of boiling salted water. Quickly drain the pasta and add it to the saute' pan. Gently toss the noodles to coat in the Alfredo Sauce. Transfer the pasta to a warm serving bowl. Top with more grated cheese and chopped parsley.

Coat the asparagus with olive oil. Roast in a 425 degree oven for 10 minutes. Cut into one-inch pieces.

Chop the prosciutto fine and mash the garlic. Mix both into the sauce. Pour the sauce over the pasta.

Serve immediately.

Side Dishes

Per Serving (excluding unknown items): 2518 Calories; 241g Fat (85.1% calories from fat); 76g Protein; 19g Carbohydrate; 2g Dietary Fiber; 935mg Cholesterol; 6300mg Sodium. Exchanges: 9 Lean Meat; 1 Vegetable; 1 1/2 Non-Fat Milk; 44 1/2 Fat.