



# Fettuccine Alfredo with Asparagus

by Spears to You Asparagus Farm  
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## Ingredients:

- 1 lb fresh asparagus cut into 1-inch pieces
- 1 lb fettuccine pasta
- 2 tbsp olive oil
- 2 fresh garlic cloves minced
- Splash white wine
- 1 cup grated Parmesan Reggiano
- .5 pint heavy whipping cream
- 1/4 cup half and half
- 6-7 tbsp salted butter
- 3/4 cup chopped fresh parsley
- Salt and pepper
- 1/2 cup reserved pasta liquid

## Directions:

Cook asparagus on medium-high heat with olive oil, one clove of minced garlic and salt and pepper. Do not overcook. Splash white wine to prevent garlic from burning. Remove asparagus and add butter and one clove of minced garlic and cook until fragrant. Add whipping cream and half and half. Cook until thickened and season with salt, pepper and parsley.

Cook pasta until al dente and reserve 1/2 cup liquid.

Drain pasta and return to pot on low heat. Add cream mixture and some of the reserved liquid. Add the asparagus, and keep stirring. Slowly add cheese until melted. Sprinkle fresh parsley and cheese on top.

Enjoy!