

## ***Better than Olive Garden*** **ALFREDO SAUCE**

### **INGREDIENTS**

- 2 tablespoons **olive oil**
- 3 tablespoons **butter** (ideally grass fed)
- 2 **garlic** cloves, minced
- 2 cups **heavy cream**
- 1/4 teaspoon **white pepper**
- 3/8 teaspoon **ground nutmeg**
- 1/2 cup grated parmesan cheese
- 3/4 cup **mozzarella cheese**
- 1 **spaghetti squash**
- **Chicken, Shrimp or Crab** as desired
- **Asparagus** or other colorful veggie to add to the dish if desired

### **DIRECTIONS**

1. Grill your chicken or prep your crab or shrimp.
2. Cook the spaghetti squash according to the directions on the next page.
3. Melt butter in medium saucepan with olive oil over medium/low heat.
4. Add the garlic, cream, white pepper and bring mixture to a simmer. **STIR OFTEN.**
5. Add the Parmesan cheese and simmer sauce for 8-10 minutes or until sauce has thickened and is smooth.
6. When sauce has thickened add the Mozzarella cheese and **STIR FREQUENTLY** until smooth.
7. While the sauce cooks, steam the asparagus.
8. Scrape the spaghetti squash out of the squash shell.
9. Taste the sauce and add additional pepper or salt if desired.
10. Place spaghetti squash and asparagus on serving plates and top it with chicken (or seafood)
11. Spoon lots of sauce over pasta, serve and prepare to wow your guests!



**Go to below URL for quick prep demo**

<https://youtu.be/m84oG0GE8E8>

# Spaghetti Squash

## Pasta substitute

### Ingredients to serve 6-8

- 1 medium to large spaghetti squash

### Directions

1. Cut spaghetti squash in half lengthwise with a big knife.
2. Using a spoon, scrape away & discard the seeds and stringy bits from the inside. (Like a pumpkin.)
3. Place the squash in a microwave-safe dish cut-side down. (Round side up.)
4. Put about 1/4 inch of water in bottom of dish and cover squash and dish with plastic wrap.
5. Cook on high for approximately 7-8 minutes. (*Depending on the size of your squash and how powerful your microwave.*) You will have to cook one at a time, as 2 will not fit in most microwaves. (If you do not have a turntable in your microwave, give the dish a turn half way to ensure even cooking.)
6. Repeat and cook the other half in dish in the same manner as first half.
7. Once squash is cool enough to handle, use a fork to separate individual strands like “spaghetti” and put strands in a mixing bowl.
8. Serve to make a bed of “pasta”



The below YouTube link shows how to scrape the seeds out of a spaghetti squash and how to “strand” it. (Just know that this chef is doing the oven cooking method and this recipe is showing the microwave method.)

<http://bit.ly/ppTGOJ>