

Fettuccine Alfredo

- 50 mL margarine (1/4 cup)
- 1 clove garlic
- 250 mL half and half cream (1 cup)
- 2 mL salt (separate into 1 mL and 1 mL) ($\frac{1}{2}$ tsp. total)
- 2 mL white pepper ($\frac{1}{2}$ tsp.)
- 1 mL nutmeg ($\frac{1}{4}$ tsp.)
- 250 grams fettuccine noodles ($\frac{1}{2}$ pound)
- 125 mL parmesan cheese ($\frac{1}{2}$ cup)
- 10 mL freshly chopped parsley (5 mL dried) (2 tsp. fresh, 1 tsp. dried)



Directions:

1. Bring to a boil a large pot of water and add 1 mL salt. Once boiling, place fettuccine noodles in pot and cook for 12-15 minutes.
2. Melt margarine in a small saucepan over low heat. Add minced garlic and simmer for 1-2 minutes.
3. Add half and half cream, 1 mL ($\frac{1}{4}$ tsp.) salt, pepper and nutmeg. Cook over low heat for approximately 10-15 minutes, until slightly thickened.
4. Drain noodles in a colander. Place in a large bowl and sprinkle with $\frac{1}{2}$ the parmesan cheese and $\frac{1}{2}$ of the Alfredo sauce. Toss fettuccine noodles using two spoons. Add $\frac{1}{2}$ of parsley and remaining cheese and sauce. Toss a second time. Serve and garnish with remaining parsley.
5. Serve immediately. Fettuccine Alfredo must be served HOT!

Creamy Caesar Salad

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| 50mL Hellman's mayonnaise | 1 clove garlic, minced |
| 5mL lemon juice | $\frac{1}{2}$ head romaine lettuce |
| Dash Worcestershire sauce | 50mL -125mL croutons |
| Dash salt | 50mL - 125mL shredded mozzarella cheese |
| Dash pepper | |

Directions:

1. Mince garlic cloves then in a small mixing bowl combine with mayonnaise, lemon juice, Worcestershire sauce, salt and pepper. Whisk.
2. Separate, wash and dry lettuce then tear it into bite sized pieces.
3. Place lettuce in large mixing bowl. Pour dressing over top and toss until lettuce is coated in sauce. Chill in fridge.
4. Add croutons and cheese just prior to serving.