

Fettuccine Alfredo



FIELD & FORK

CAMPUS FOOD PROGRAM
UNIVERSITY OF FLORIDA

Ingredients:

2 cans	Evaporated milk
1 cup	Parmesan cheese
	Salt, pepper, garlic to taste
1 lb	Fettuccine noodles
1 can	Chicken or shrimp
1 can	Mixed vegetables (optional)

Directions:

1. Place one can of evaporated milk in saucepan
2. Heat on low
3. Cook noodles while sauce heats
4. Slowly add cheese to milk and stir with a whisk
5. Add salt, pepper, garlic to taste
6. If too thick, add more milk
7. Add protein or veggies
8. Serve sauce over noodles

