

Amazing “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 alfredo sauce over spaghetti squash “pasta” and and prepare to wow your guests!



Go to below URL for quick prep demo

bit.ly/trinity-alfredo

*Above link IS case sensitive.
Must be entirely lower case.*

Spaghetti Squash

Delicious pasta substitute



Ingredients to serve 6-8

- 1 medium to large spaghetti squash

Directions

1. Cut spaghetti squash in half with a big knife as shown in video.
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. Do not over cook or it will get mushy. You want it a bit firm. You will likely have to cook one half at a time, as both halves will not fit in most microwaves. *
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”

* If you do not have a turntable in your microwave, give the dish a turn half way to ensure even cooking.



The below URL video shows how to scrape the seeds out of spaghetti squash and how to “strand” it.
(This chef is doing the oven cooking method and this recipe is showing the microwave method.)

bit.ly/trinity-spaghetti-squash

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Must be entirely lower case.*