

Fettuccine Primavera

- Prep Time 15 min
- Total Time 25 min
- Servings 4

8 oz uncooked fettuccine
1 tablespoon olive or vegetable oil
1 cup fresh broccoli florets
1 cup fresh cauliflower florets
2 medium carrots, thinly sliced (1 cup)
1 small onion, chopped (1/4 cup)
1 container (10 oz) refrigerated Alfredo pasta sauce
1/4 cup milk
1 tablespoon Dijon mustard
1 cup frozen sweet peas, rinsed to separate
1 oz shaved Parmesan cheese



1. Cook and drain fettuccine as directed on package.
2. Meanwhile, in 12-inch skillet, heat oil over medium-high heat. Add broccoli, cauliflower, peas, carrots and onion; cook 6 to 8 minutes, stirring frequently, until vegetables are crisp-tender.
3. Stir Alfredo sauce, milk, mustard and peas into vegetable mixture; cook until hot. Stir in fettuccine; heat through. Top with cheese.