

## **Seafood and Veggie Alfredo**

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 15 minutes

Serves: 4

**CChints:** This recipe is fast and easy because you are using packaged Alfredo sauce. You can use your favorite vegetable like asparagus, zucchini, summer squash, broccoli, peas and/or corn. If

they are frozen, please thaw them before adding into the recipe. If they are fresh, the cooking directions are in the recipe below. We like steaming vegetables in the microwave so that you don't lose all the nutrients like you would in boiled water method.



- 1 pound or 14 oz. box Linguine or Angel Hair, multi-grain or wheat pasta
- 2 cups vegetables, mix them up or all of one kind, chopped into bite size pieces
- 3/4 pound shrimp, peeled and deveined
- 1/2 pound sea scallops, rinsed and pat dry
- 2 envelopes Creamy Garlic Alfredo Mix, made according to package directions. The package will probably call for 2 tablespoons butter, 1-2/3 cup low fat or skim milk
- 2 tablespoons reduced fat Cream Cheese, softened at room temperature
- 1/2 cup freshly grated parmesan cheese

Cook pasta according to package directions. Start the water boiling for the pasta. If you cover the pot, the water will boil more quickly. Put the vegetables in a microwave safe bowl and cook slightly covered, on high for 2 minutes and set aside.

Heat a large nonstick skillet over medium heat. Add the butter to pan and melt slightly. Add the sauce mix to the pan and slowly pour in the milk. Use a wooden spoon or silicone spatula to get the lumps out. Stir cream cheese and parmesan cheese. blend well to get all the lumps out. Reduce heat to medium-low and bring to a simmer. Do not let it boil. Add scallops and vegetables and cook for 4 minutes. Add the shrimp and cook 4 minutes until the shrimp are done. They will turn pink and start to curl up...do not over cook.

Drain the pasta. If your skillet is large enough, add the pasta to the alfredo mixture and stir to coat all the noodles. Or you can mix them both together in a large serving bowl.

Enjoy!