

---

# Shrimp and Vegetable Fettuccine Alfredo

*Lorraine Palladino and Ann Mitchell*

*St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010*

**2 tablespoons butter or olive oil**  
**2 cloves garlic, minced**  
**1 head broccoli, chopped**  
**1 container mushrooms, sliced**  
**1 green pepper, julienned**  
**1 red pepper, julienned**  
**2 carrots, julienned**  
**1/4 cup green onions, chopped**  
**2 pounds large shrimp, peeled and deveined**  
**1/4 cup white wine**  
**3 to 4 packages Alfredo sauce (refrigerated)**  
**lemon pepper (to taste)**  
**2 to 3 packages fresh fettuccine pasta (refrigerated)**  
**1/4 cup (or more) Parmesan cheese, shredded**  
**lemon wedges (for garnish)**

In a large saute' pan, add the butter or oil and garlic. Saute' the garlic until just soft. Add the vegetables. Saute' for 6 to 10 minutes, stirring until tender.

Add the shrimp. Cook for approximately 3 minutes until no longer pink. Add the wine and Alfredo sauce. Sprinkle with lemon pepper. Keep warm.

Prepare the pasta according to package directions. Do not overcook. Drain the pasta. Add to the saute' pan. Mix well. Sprinkle with grated cheese and top with lemon wedges.

## **Pasta**

---

*Per Serving (excluding unknown items): 1326 Calories; 19g Fat (13.1% calories from fat); 208g Protein; 75g Carbohydrate; 28g Dietary Fiber; 1381mg Cholesterol; 1595mg Sodium. Exchanges: 26 Lean Meat; 12 Vegetable; 0 Fat.*