

# Shrimp Fettuccine Alfredo

Yield  
Serves 4 (serving size: about 1 cup)

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## COOKING LIGHT

This shrimp fettuccine alfredo recipe, which calls for quick-cooking refrigerated pasta, is a great go-to dish for hectic weeknights. Serve with a side of roasted asparagus.

### Ingredients

- 1 (9-ounce) package refrigerated fettuccine
- 1 pound peeled and deveined medium shrimp
- 2 green onions, chopped
- 2 garlic cloves, minced
- 2 teaspoons olive oil
- 1/2 cup (2 ounces) grated Parmigiano-Reggiano cheese
- 1/3 cup half-and-half
- 3 tablespoons (1 1/2 ounces) 1/3-less-fat cream cheese
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons chopped fresh parsley

### How to Make It

- Step 1** Cook the pasta according to package directions, omitting salt and fat. Drain pasta in a colander over a bowl, reserving 1/4 cup cooking liquid. Combine shrimp, onions, and garlic in a small bowl. Heat a large skillet over medium-high heat. Add olive oil; swirl to coat. Add shrimp mixture, and sauté for 4 minutes or until shrimp are done. Remove from pan; keep warm.
- Step 2** Reduce heat to medium. Add reserved cooking liquid, Parmigiano-Reggiano, half-and-half, cream cheese, and pepper to pan. Cook 2 minutes or until cheeses melt. Combine pasta, cheese mixture, and shrimp mixture. Sprinkle with parsley.

### Nutritional Information

- Calories 442, • Fat 14.3g,
- Satisfat 6.1g, • Monofat 3.1g,
- Polyfat 1.2g, • Protein 37.4g,
- Carbohydrate 40g, • Fiber 2.1g,
- Cholesterol 200mg, • Iron 3.2mg,