

# Fettuccine Alfredo with Roasted Vegetables

SERVES 4 TO 6

**THE ORIGINAL** fettuccine *all'Alfredo* was invented by a Roman restaurateur in 1914 to stimulate the appetite of his wife after she gave birth to their son. According to legend, Mary Pickford and Douglas Fairbanks enjoyed it on their honeymoon in Rome in 1927 and spread the fame of the dish, which I make somewhat less decadent with the addition of sweetly caramelized roasted vegetables.

- 2 small to medium-size zucchini, cut into matchsticks
- 1 small to medium-size yellow summer squash, cut into matchsticks
- 1 medium-size yellow bell pepper, cut into matchsticks
- ½ pound green beans, ends trimmed and cut into 1½-inch pieces
- 1 shallot, sliced
- 3 tablespoons extra virgin olive oil
- Salt and freshly ground black pepper
- 1¼ pounds fresh fettuccine or 1 pound dried
- 1 cup freshly grated Parmesan cheese
- 1 garlic clove, minced
- 1½ cups half-and-half
- 10 fresh basil leaves, cut into thin ribbons, for garnish

1. Preheat the oven to 425°F. Lightly oil a large shallow roasting or half sheet pan.
2. In a large bowl, combine the zucchini, summer squash, bell pepper, green beans, and shallot. Add the oil and salt and pepper to taste. Toss to mix well. Arrange in a single layer in the pan.
3. Roast for 20 to 30 minutes, until the vegetables are lightly browned and tender, stirring once or twice for even cooking.
4. Meanwhile, cook the pasta in plenty of boiling salted water until *al dente*. Drain well.
5. Transfer the pasta to a large serving bowl and toss with the cheese and garlic. Add the half-and-half and toss again. Add the vegetables and toss to mix. Taste and adjust the seasonings, adding more salt and pepper as needed. Garnish with the basil and serve at once.

Add a pound of chicken cut small, quick fried with lots of salt and pepper.  
Add more and different vegi's such as asperagas, proccoli, carrots, and ....  
Good to eat.