

## **Fettuccini Chayote (Vegetable Pear)**

## **Ingredients:**

<b>Amount</b> (1, .50 , 8)	Unit (cup, Tbsp, g, ml)	Item (egg, chaya leaves, sugar)	Preparation (crushed, diced, whole)
1	tbsp	oil	
1	clove	garlic	minced
1	medium	onion	chopped
1		green pepper	thinly sliced
1/2	lb	mushrooms	sliced
1-1/2	sticks	butter	
3/4	cup	heavy cream	
8	OZ	fettuccini	cooked
1-1/4	cups	parmesan cheese	grated
1/4	tsp	nutmeg	
		salt and pepper	
1	lb	broccoli	chopped
1		chayote	thinly sliced and cooked

## **Recipe Instructions:**

- 1. To boil: halve chayote and place in a wide frying pan in 2 inches of water and boil, covered until tender, about 25-35 minutes.
- 2. Heat the oil in a large skillet, add the garlic, onion, green pepper and mushrooms.
- 3. Sauté over medium-high heat until slightly tender, about 5 to 8 minutes.
- 4. In a large saucepan melt the butter. Reduce heat and add cream.
- 5. Cook until warm, but do not allow the cream to boil.
- 6. Place the cooked fettuccini in a large bowl and pour cream mixture over it tossing to coat.
- 7. Combine 1-1/2 cups of cheese, nutmeg and seasonings; sprinkle cheese mixture over the noodles and toss again

## Recipe Notes: Recipe Serving #:6

http://edn.link/e4nj6n