
Fettuccini Chayote (Vegetable Pear)

Ingredients:

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

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