

PROSCIUTTO AND ASPARAGUS FETTUCCINE



Makes 4 servings

12 oz (375 g)	fettuccine
2 Tbsp (30 mL)	butter
1/2 cup (125 mL)	red onion, thinly sliced
5	cloves garlic, minced
4 oz (100 g)	thinly sliced prosciutto, cut crosswise into strips
1 bunch (500 g)	asparagus, trimmed and cut diagonally into 1" pieces
2 cups (500 mL)	10% half-and-half cream , divided
2 Tbsp (30 mL)	cornstarch
1 tsp (5 mL)	garlic powder
	pepper to taste

Cook fettuccine according to package directions; drain. Meanwhile, in a medium sauce pot, melt butter over medium heat; add onion and garlic, cook until onion begins to brown. Add prosciutto and asparagus; cover for 5 minutes or until asparagus is slightly cooked, stirring regularly.

Meanwhile, in a small bowl, mix 1/4 cup of cream with cornstarch; set aside. Add remaining cream to prosciutto and asparagus mixture, scraping up any brown bits at the bottom of the pot. Add cornstarch mix and bring to a boil (uncovered), stirring continuously. Once sauce begins to boil and sauce thickens, reduce heat to a simmer. Add garlic powder and pepper to taste. Continue simmering another 5 minutes. Serve over fettuccine.