



FLOUR CITY PASTA

GARLIC TOASTED ONION FETTUCCINE

AL PROSCIUTTO “In ham sauce”

Ingredients:

- 1 lb Garlic Toasted Onion Fettuccine cooked al dente (about 8 minutes).
- 1 cup parmesan cheese, grated
- 4 ounces cooked ham, chopped
- 6 Tbs. butter
- 1 cup heavy cream
- Salt and fresh ground pepper to taste
- Fresh grated nutmeg

Directions:

1. Cut ham into small pieces.
2. Melt butter in large skillet over low heat.
3. Add the ham and saute for 5 minutes.
4. Add the cream to the skillet slowly stirring to incorporate.
5. Add the nutmeg, salt and pepper to taste.
6. Fold in the pasta into the sauce, sprinkle with cheese and serve on a warmed platter.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serv. Size 1/4 lbs (113g)	Total Fat 3g	4%	Total Carb. 81g
Serv. Per Cont. 3	Sat. Fat 0.5g	3%	Fiber 5g	19%
Calories 380	<i>Trans</i> Fat 0g		Sugars 0g	
Fat Cal. 25	Cholest. 0mg	0%	Protein 16g	
	Sodium 0mg	0%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	• Vitamin C 0%	• Calcium 4%	• Iron 20%

INGREDIENTS: Organic Wheat, Durum, Organic Onion Powder, Organic Garlic Powder, Natural Wheat Protein

CONTAINS: Wheat

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