

Garlic Lovers Fettuccine Alfredo

3 whole heads of garlic

1 head of broccoli

8 oz. Mushrooms

1 16 oz package Fettuccine

½ cup milk

2 tsps. of apple cider vinegar

¾ tsp salt

red pepper flakes

Black pepper

1. Preheat oven to 400 degree
2. Wrap the whole head of garlic in foil, place in the middle rack of the oven and cook for 35-40 minutes or until softened.
3. While the garlic is cooking, cook the pasta according to package directions. Save 1 cup of the pasta water.
4. Combine the broccoli and mushrooms in a little oil or broth over medium heat, until softened (about 6 minutes).
5. Remove the garlic heads from the oven and unwrap the foil. Allow to cool enough to be handled. Squeeze the heads into a bowl and combine with the milk, cider vinegar and salt. Whisk until a creamy sauce is formed.
6. Add the garlic sauce to the broccoli mixture along with the reserved pasta water and stir until well incorporated. Slowly add the cooked fettuccine and stir.
7. Top with red pepper flakes, salt and pepper.