



PASTA DISHES WITH HERBS

MADE WITH
REAL INGREDIENTS
& HERBS

Bubbie's

CREAMY ALFREDO SAUCE

A rich, velvety homemade Alfredo sauce with butter, cream, Parmesan, and herbs—perfect over pasta, chicken, or vegetables.

SERVES 4-6



PREP TIME
5 MIN



COOK TIME
10 MIN



SERVINGS
4-6

INGREDIENTS

- 1/2 cup butter
- 2 cloves garlic, minced
- 2 cups heavy cream
- 4 ounces cream cheese, softened
- 1 1/2 cups freshly grated Parmesan cheese
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried parsley or Italian seasoning
- Optional: pinch of nutmeg



BUBBIE'S TIP

If the sauce gets too thick, whisk in a splash of warm milk or pasta water to loosen it.

GREAT OVER:

Fettuccine, penne, spaghetti, chicken, shrimp, or roasted vegetables.

HERBAL NOTES • BENEFITS

Garlic, parsley, and Italian herbs add rich, savory flavor and natural plant compounds that make this dish comforting, satisfying, and nourishing.

DIRECTIONS

- 1 COOK THE PASTA:** Bring a large pot of salted water to a boil. Add pasta and cook according to package directions until al dente. Reserve 1/2 cup pasta water, then drain.
- 2 MELT BUTTER:** In a medium saucepan over low to medium heat, melt the butter.
- 3 SAUTÉ GARLIC:** Add the minced garlic and cook for about 30 seconds, just until fragrant.
- 4 MAKE THE SAUCE:** Stir in the heavy cream and cream cheese. Whisk until smooth and gently heated through.
- 5 ADD SEASONING:** Add the Parmesan cheese, garlic powder, salt, pepper, parsley, and optional nutmeg. Continue whisking until the sauce is smooth, creamy, and slightly thickened.
- 6 SERVE:** Serve immediately over hot pasta, grilled chicken, or steamed vegetables.

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Everything Herbal
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