



CONVIVIVUM
URBAN FARMSTEAD

THIS CASSEROLE IS FULLY BAKED AND ONLY NEEDS REHEATING

The recipe is provided below if you would like to recreate the meal.

*(*Ingredients subject to change based on availability.)*

Reheating Instructions:

If reheating the entire casserole, place in the oven at 375 degrees F for 30-35 minutes or until it is 165 degrees in the center.

It can also be portioned out cold and then reheated in the microwave as individual portions.

DO NOT PUT CASSEROLE PAN IN THE MICROWAVE.

Alfredo Primavera Casserole

INGREDIENTS

2 cups dry pasta, cooked

3 cups diced vegetables - any combo of (zucchini, broccoli, carrots, onion, bell pepper, asparagus, etc)

2 T. fresh parsley, chopped (or 1 T. dried)

Homemade Alfredo Sauce (or 1 jar pre-made alfredo sauce):

3 T. butter	1 tsp. garlic powder
3 T. flour	1 cup chicken broth
2 cups half and half	½ tsp. salt
¼ tsp. pepper	a pinch of cayenne (optional)
½ cup shredded parmesan cheese	1 cup shredded mozzarella cheese

INSTRUCTIONS

1. Preheat the oven to 375 degrees F. Spray a 9x13 casserole pan.
2. In a medium saucepan, cook the noodles in salted water until al dente, or slightly undercooked. Drain and place in a large mixing bowl. Set aside.
3. In a different saucepan, melt butter, add garlic powder, and stir in flour. Whisk in chicken broth. Then stir in half & half, salt, pepper, and cayenne. Simmer @5 minutes, until thickened. Stir in parmesan and mozzarella cheese. Stir until the cheese is melted.
4. Mix the diced vegetables and parsley in with the pasta. Pour sauce over the top. Stir.
5. Transfer to the greased 9x13 pan.
6. Cover and bake for 35-40 minutes.
7. Remove from the oven and let cool for a couple of minutes before enjoying!

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