

Crawfish à la crème with Shitake Mushroom Fettuccini



Ingredients:

- 4 cloves garlic, minced
- 1 yellow onion, finely minced
- 1 pound fresh crawfish tail meat
- 1 pound shitake mushroom fettuccini
- 2 cups reduced fat half and half
- 1 cup Parmesan cheese, grated
- 1/2 cup mushroom and garlic infused olive oil
- 1/4 cup dry sherry
- 1/4 cup fresh parsley, chopped
- 4 tablespoons of light butter
- 1 tablespoon kosher salt
- 1 tablespoon freshly ground black pepper
- 1 teaspoon cayenne pepper

Directions:

- 1) Cook the pasta according to package directions for al dente. Drain and set aside.
- 2) Heat a large saucepan over medium-high heat and add the butter and olive oil. Add the onions and garlic and cook the vegetables until they are soft, about 3-5 minutes.
- 3) Stir in the crawfish meat and cook for 5 minutes.
- 4) Add the half and half, sherry, Parmesan and half of the parsley to the pan.
- 5) Reduce the heat to a simmer and stir the sauce until it has thickened, about 5 minutes.
- 6) Season the sauce with the salt, black pepper, and cayenne pepper.
- 7) Gently fold in the cooked pasta until coated with the sauce.
- 8) To serve, transfer the pasta to a large serving bowl and top it with another large pinch of the fresh parsley and Parmesan.