

Zucchini Bread Recipes

Creamy Garlic Parmesan Spaghetti

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz spaghetti
- [ ] 1 cup heavy cream
- [ ] 3 cloves garlic, minced
- [ ] 1 cup freshly grated Parmesan cheese
- [ ] 2 tbsp unsalted butter
- [ ] 1 tbsp olive oil
- [ ] Juice of 1/2 lemon
- [ ] Freshly ground black pepper to taste
- [ ] Salt to taste

Optional Add-ins

- [ ] 1 cup peas or broccoli florets
- [ ] Grilled chicken strips or shrimp

Instructions

1. Bring a large pot of salted water to a boil; cook spaghetti until al dente, about 9 minutes. Reserve 1 cup of pasta water, then drain.



2. In a large skillet, heat olive oil and butter over medium heat. Add minced garlic and sauté for 1-2 minutes until fragrant, being careful not to brown.



3. Pour in the heavy cream, stir, and reduce heat to low. Gradually whisk in the Parmesan until the sauce becomes smooth and glossy.



4. Add the cooked spaghetti to the sauce, tossing to coat. If the sauce is too thick, drizzle in reserved pasta water a little at a time until you reach a silky consistency.



5 Stir in lemon juice, season with pepper and salt, and serve immediately. For a heartier meal, top with grilled shrimp or sautéed veggies.



Nutrition per serving

420 kcal	12 g	38 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the sauce before adding salt; Parmesan already brings saltiness.
- If the sauce looks grainy, whisk in a splash of warm pasta water to smooth it out.
- You can add a pinch of nutmeg for an extra layer of warmth.