



SCALLOP AND ASPARAGUS ALFREDO

By Chef Jeremy Langlois

INGREDIENTS

8 ounces fresh sea scallops
2 ounces penne pasta
1 pound fresh asparagus spears, cut into 1-inch pieces (2 cups)
2 teaspoons olive oil
2 cloves garlic, minced
Half cup heavy cream
2 tablespoons cream cheese
2 tablespoons shredded Parmesan cheese
1 tablespoon lemon juice
Salt and pepper to taste
Fresh Italian parsley

DIRECTIONS

1. Pat scallops dry with paper towels. Set aside. Cook pasta according to package directions, adding asparagus for the last 3 minutes of cooking time. Drain and keep warm.
 2. In a large skillet, heat oil over high heat. Add scallops. Cook for 4 to 5 minutes or until scallops are golden brown, turning once. Remove scallops from the skillet and put them with the pasta mixture to keep warm.
 3. Add garlic to the skillet and sauté for 30 seconds. Add heavy cream and turn heat to medium-low. Add cream cheese, Parmesan cheese, lemon juice, and season with salt and pepper. Cook and stir until heated through and the cheeses are melted.
 4. Add cooked pasta and asparagus to the skillet; toss to coat. Divide pasta mixture between two dinner plates. Top with the cooked scallops. If desired, garnish with parsley.
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