

Name _____



Constraint Kitchen

Directions: Read the original recipe and the listed constraints. Adapt the recipe to meet all limits and justify each change.

Original Recipe: Creamy Alfredo Pasta

Ingredients:

- 12 ounces fettuccine pasta
- 1 cup heavy cream
- 1 half cup butter
- 1 cup grated parmesan cheese
- 2 cloves garlic, minced
- Salt and pepper to taste

Steps:

1. Boil water and cook pasta according to package directions.
2. Melt butter in a pan over medium heat.
3. Add garlic and cook for one minute.
4. Pour in heavy cream and simmer for five minutes.
5. Stir in parmesan cheese until smooth.
6. Add pasta and toss to coat.

Total cook time: About 25 minutes.

New Cooking Constraints: You must adapt this recipe to meet **all three** of the following limits: It must be **dairy-free**, it must use **no more than five ingredients total**, and it must be completed in **15 minutes or less**.

1. Write your **new ingredient list** that follows all constraints.
2. Rewrite the **new adapted steps** in clear order.
3. Justify your choices. Explain **why** you changed at least two ingredients or steps.