

Chicken Alfredo

Chicken Alfredo



- 4 tablespoon olive oil divided
- 1 1/2 pounds chicken breast diced
- 4 cloves garlic minced
- 1 quart low sodium chicken broth
- 2 cups heavy cream
- 1 pound penne pasta
- 4 cups parmesan cheese freshly shredded with microplane
- Salt and pepper
- parsley

1. Start by cutting chicken breasts into 1 inch pieces. Season with 1/2 a teaspoon of kosher salt and a few turns of pepper.
2. Brown chicken in 2 tablespoons of olive oil over medium high heat, depending on how big your pan is you may need to brown in two batches to prevent over crowding.
3. It does not need to be cooked through at this point, it will continue cooking as it simmers.
4. Once chicken is browned, add two more tablespoons of olive oil and minced garlic and saute for about one minute.

5. Add chicken broth, heavy cream, 1 teaspoon kosher salt, and 1/2 teaspoon freshly ground black pepper, and uncooked pasta to pan and stir. **If using fresh pasta, do not add to cream mixture. Cook separately and add to cream mixture just before serving**
6. Once mixture starts to bubble, cover and reduce to a simmer.
7. Simmer for 15-20 minutes or until pasta is tender.
8. Remove from heat and stir in shredded parmesan cheese.
9. Season with additional salt and pepper as needed and sprinkle with fresh parsley.
10. **T reduce calories, you can use half and half in place of the heavy cream.

** You can also add in any veggies you like – chopped broccoli is delicious!

Main Course
Chicken, pasta