

Chicken, Broccoli, Pasta Alfredo

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Serves 6 – 10 points per serving

- 2 cups 1% milk
- 3 oz low fat cream cheese
- 3 tablespoons flour
- 1 teaspoon salt
- 1 tablespoon butter
- 3 garlic cloves
- 1 cup grated Parmesan cheese
- 8 oz pasta of your choice (bow ties, rotini, spaghetti)
- 12 oz chicken (cooked and cubed)
- 2 cups cooked broccoli

1. Place milk, cream cheese, flour, and salt in a blender and blend until smooth. In a skillet, melt butter on med-high heat and add garlic. Let the garlic sauté for about 30 seconds, you don't want to burn it.
2. Then add milk mixture to the pan. Stir constantly for about 3 or 4 minutes or until it just comes to a simmer. Keep stirring and let it cook for a few minutes more. It should begin to thicken
3. When it's nice and thick remove the pan from the heat. Add the cheese, stir, and then cover immediately. Let stand for at least 10 minutes before using. It will continue to thicken upon standing. Season with

additional salt if needed.

4. Meanwhile, cook pasta according to package directions. Drain.
5. Add pasta, chicken and broccoli to sauce. Stir to combine and heat through.

Main Course

Chicken

alfredo, chicken, pasta