

# Fettuccine Alfredo

## Chicken and Broccoli Fettuccine Alfredo



Serves 4

Blue – 10

Purple – 5 (if you use whole wheat pasta)

Green – 12

- 8 oz fettuccini noodles
- 12 oz chicken, cut in bite sized pieces
- 1 head broccoli
- 1 Tbsp butter
- 1 cup fat free half and half
- 2 oz parmesan cheese, shredded

1. Boil water and cook fettuccini according to package directions.
2. Steam/cook broccoli to desired doneness
3. While pasta and broccoli are cooking, season chicken with salt and pepper, then cook in a skillet sprayed with non stick spray. Remove from skillet and keep warm
4. Add butter and half and half to the skillet. Heat slowly. Add Parmesan cheese and melt over low heat.

5. Pour cheese mixture over fettuccini, add in broccoli and chicken, mix well. Season with black pepper. Serve immediately.

Main Course

Chicken, pasta