

Fettuccini Alfredo with Chicken and Broccoli

Directions for making the dinner:

- 1) Trim excess stem from broccoli crowns. Cut broccoli into small 2" florets.
- 2) Peel and mince garlic
- 3) Gently pound chicken to an even thickness. (Place in Ziploc or Plastic Wrap when pounding chicken)
- 4) Combined chicken, oil, garlic, pepper. Toss to evenly coat.
- 5) Make broccoli according to step 1 directions. Set aside.
- 6) Start cooking chicken according to step 2 directions.
- 7) While chicken is cooking, start water for fettuccine according to step 3 directions.
- 8) Make Alfredo sauce according to step 4 directions.
- 9) When chicken has been cooking for about 10 minutes, put fettuccine in the boiling water to cook according to box directions.
- 10) When chicken, alfredo, and fettuccine is cooked, add alfredo sauce to fettuccine to coat pasta to your preference. Fold in broccoli and warm back up.
- 11) Plate fettuccine and top with sliced chicken.
- 12) Enjoy!!

Step 1: Directions to make Broccoli:

<i>Ingredient:</i>	<i>Serves 2:</i>	<i>Serves 4:</i>	<i>Serves 6:</i>
Water, tap	Fill pot	Fill pot	Fill pot
Broccoli crowns, fresh	5 1/3 ounces	10 2/3 ounces	1 pound

- 1) Bring water to a boil.
- 2) Add broccoli and cook for 1 – 2 minutes. Remove broccoli from water.
- 3) Put cooked broccoli into cold water to stop cooking.
- 4) Remove broccoli from cold water and set aside.

NOTE: Broccoli can also be cooked in the microwave using a couple of tablespoons of water for 1-2 minutes

Step 2: Directions to make Chicken:

<i>Ingredient:</i>	<i>Serves 2:</i>	<i>Serves 4:</i>	<i>Serves 6:</i>
Chicken Breast, bnls, sknls	1-2 chicken breasts	3-4 chicken breasts	4-6 chicken breasts
Oil, Canola	1 1/8 teaspoon	2 1/4 teaspoons	1 Tablespoon
Fresh Garlic, peeled & minced	3/4 teaspoon	1 1/2 teaspoons	2 1/4 teaspoons
Black Pepper	to taste	to taste	to taste

- 1) Preheat grill or charbroil. Chicken can also be pan/grill pan cooked on stovetop.
- 2) Cook chicken to an internal temperature of 165 F degrees – approximately 20 minutes.
- 3) Slice chicken on bias 1/4”.

Step 3: Directions to make Alfredo:

<i>Ingredient:</i>	<i>Serves 2:</i>	<i>Serves 4:</i>	<i>Serves 6:</i>
Soup (veggie or chicken)	3/4 cup	1 1/2 cups	2 cups
Margarine or butter	2 Tablespoons	4 Tablespoons	5 Tablespoons
Flour, all purpose	2 Tablespoons	4 Tablespoons	5 Tablespoons
Heavy cream	3 Tablespoons	6 Tablespoons	9 Tablespoons
Salt	to taste	to taste	to taste
Pepper	to taste	to taste	to taste
Cheese, parmesan, grated	1 ounce	2 ounces	3 ounces

- 1) Bring soup to a boil.
- 2) In a small pot, make a roux - melt margarine/butter. Whisk in flour and cook until nutty aroma (about 2 minutes).
- 3) Stir roux into boiling soup. Simmer for 1 minute.
- 4) Stir in heavy cream, simmer for 5 minutes
- 5) Add salt and pepper to taste, stir to combine.
- 6) Stir in parmesan cheese as directed or to taste and simmer for 2 minutes.

NOTE: If you don't want to make the alfredo, pick up your favorite jar!

Step 4: Directions to make Fettuccine:

<i>Ingredient:</i>	<i>Serves 2:</i>	<i>Serves 4:</i>	<i>Serves 6:</i>
Water, tap	Fill pot	Fill pot	Fill pot
Salt, kosher	1/4 teaspoon	1/2 teaspoons	2/3 teaspoons
Pasta, dry fettuccine	3 1/2 ounces	7 ounces	10 1/2 ounces
Oil, canola	2/3 teaspoon	1 1/3 teaspoons	1 Tablespoon

- 1) Bring water to a boil.
- 2) Add salt and stir water vigorously. While water is still moving, add pasta. Stir pasta several times while water returns to a full boil.
- 3) Cook pasta per manufacturer recommendations.
- 4) When cooked, drain water immediately.
- 5) Add canola oil. Toss gently to distribute oil.