

CHICKEN ALFREDO

Ingredients:

- 2 tbsp extra virgin olive oil
- 2 boneless, skinless chicken breasts
- Kosher salt & ground black pepper
- 2 garlic cloves finely chopped
- 2 cups of whole milk
- 2 cups of low sodium chicken broth
- 8 oz. fettuccine
- 2 oz. parmesan, finely grated (about 1 cup)
- ¾ cup of heavy cream

Directions:

1. In a large skillet over medium-high heat, heat oil. Add the chicken and season with salt and pepper. Cook until golden brown for about 8 minutes per side.
2. Transfer the chicken to a cutting board and let rest for 10 minutes, then slice.
3. Add garlic, broth and milk to the skillet and season with salt and pepper. Bring to a simmer over medium heat. Add in the fettuccine and cook, stirring frequently until sauce is slightly reduced for about 3 minutes. Continue to cook until pasta is ready 8-10 minutes.
4. Stir in parmesan and cream until combined and smooth. About 3 minutes.
5. Serve and mix the chicken and pasta together and sprinkle a dash of parsley.

Enjoy!

