

RECIPE

Chicken Alfredo



Ready in **30 minutes**

Serves **4 people**

You don't want to know the calories

You will need:

- 1 lb. boneless, skinless chicken tenders
- 1 package fettuccine noodles; cooked to package instructions
- 1 c. fresh spinach; chopped
- 1 c. cherry tomatoes; halved
- 1 c. heavy whipping cream
- 3 shallots; chopped (can substitute for $\frac{1}{2}$ yellow onion)
- 3 garlic cloves; minced
- 2 c. italian cheese mix (or parmesan and mozzarella)
- 1 tbl. EVOO
- 2 tbl. Butter
- $\frac{1}{4}$ c. fresh parsley; chopped extra for garnish
- Salt and pepper to taste

Preparation

1. **On a large cutting board**, use a meat tenderizer to flatten chicken. If you do not have a meat tenderizer, you can cut the chicken longways to make into thinner strips. Salt and pepper both sides of the chicken.
2. **In a large skillet over medium-high heat**, add EVOO and 1 tbl of butter. Heat until butter is melted. Cook chicken on both sides until cooked through. Set aside.
3. **Keep browned chicken bits and oil butter mixture in the skillet.** Melt the last tbl of butter. Add shallots and garlic,

cooking until fragrant. Mix in tomatoes, and stir until tomatoes are flattened.

4. **Add in heavy whipping cream**, cheese, and spinach, making sure to scrape the brown bits and shallot mixture from the bottom of the skillet. Whisk together until spinach softens and cheese is fully melted.
5. **Add in ¼ c. chopped parsley**. Stir for about 2 minutes.
6. **Stir in prepared fettuccine noodles**, covering completely in cheese sauce. Add to serving bowl.
7. **Slice chicken into strips and add to noodles**. Garnish with parsley.

Tips

If you do want a lighter option, switch out the heavy whipping cream for skim milk. Also, you can use only EVOO instead of butter.