

Fettuccine Alfredo

with Grilled Chicken + Vegetables

16 oz fettuccine
1 yellow onion, sliced thin
1 red pepper, sliced thin
1 cup frozen peas
2 boneless chicken breasts, grilled + sliced thin
1/2 cup whole milk
1/2 cup heavy cream
1/4 cup reduced fat (or fat free) cream cheese
2 Tablespoons butter
1 teaspoon garlic powder
1 teaspoon salt
generous amount of black pepper
3/4 cup romano/parmesan cheese
1/4 cup fresh flat parsley

directions: grill two chicken breasts (or use leftover grilled chicken breasts from a previous meal).

in a large soup pot, cook fettuccine according to package directions. add frozen peas during the last minute of cooking.

meanwhile, in a medium frying pan on medium high heat, sauté onions and peppers in 1 tablespoon olive oil until onions are translucent. cover with a lid to keep warm.

in a medium saucepan, combine milk, cream, butter, garlic, salt + pepper. bring to a simmer and then gradually stir in the cream cheese. remove from heat and stir in 1/2 cup of parmesan cheese (reserve the other 1/4 for garnish).

strain noodles + peas and return to pot. add veggies and toss with sauce. top with parsley and additional cheese. serve immediately.

*if sauce appears too thick or noodles soak up sauce, add 1 tablespoon of hot water at a time until desired consistency is achieved. also a good tip when reheating leftovers.