

# CookBook

Tyler J. Roberts

April 2018

# Contents

1	Peanut Butter Chicken	3
2	Chicken Fettuccine Alfredo	4

# 1 Peanut Butter Chicken

## Ingredients

- 1 lb Chicken Breast
- 1/4 Cup Natural Creamy Peanut Butter
- 1 Tbsp Soy Sauce
- 1 Tbsp Honey
- 3 Cloves Garlic

## Directions

Butterfly the chicken breasts to increase surface area, and add them to a Crockpot. Add the peanut butter, soy sauce, and honey to a mixing bowl and mix ingredients thoroughly. Dice garlic cloves and add them to the mix as well. Pour mixture over the chicken breasts in the Crockpot and stir chicken to ensure even distribution of the mixture.

Set temperature to the *low* setting, and let cook for 6-7 hours, occasionally mixing the chicken if possible. It will be done when the chicken is tender and falling apart. Serve and enjoy!

## 2 Chicken Fettuccine Alfredo

### Ingredients

- 1 lb Chicken Breast
- 16 oz Heavy Cream
- 3/4 Cup Parmesan Cheese (Shredded)
- 1 Can Italian Style Stewed Tomatoes
- 4 Scallions
- 3-4 cloves Garlic
- 8 oz Fettuccine Pasta
- Oregano or Basil

### Directions

Begin by heating a frying pan to medium heat, and apply just enough oil to cover the entire pan. Butterfly the chicken breasts to increase surface area, and cook in frying pan just to get a slight browning, approximately 3 to 5 minutes or so on each side. Once finished, place the chicken breasts into a Crockpot, evenly distributed.

Cut the stems off of the scallions, dice them, and sprinkle them on top of the chicken. Dice and add garlic cloves to the chicken as well. Strain the tomatoes in a colander, dice them, and add them to the chicken. Add a few dashes of oregano or basil, as well as salt, pepper, and any other spices you wish. Turn Crockpot on to its *low* setting, and let sit for 6-7 hours, stirring every few hours or so. When the chicken is tender and falling apart, it's done.

Once the chicken is cooked, take it out and dice into small bite-size pieces, and place back into colander. Add the heavy cream and Parmesan cheese to the Crockpot, stir, and set heat to its *high* setting. Cook the fettuccine pasta to *Al Dente*, strain, and add the noodles to the crockpot. Mix, and let cook for an additional 30 minutes. Serve and enjoy!