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Chicken Alfredo

★★★★☆

A quick and easy chicken alfredo dinner with broccoli, zucchini, and red bell pepper. The sauce is enriched by cream cheese.

By LISABERG

Prep: 20 mins

Cook: 20 mins

Total: 40 mins

Servings: 4

Yield: 4 servings

Ingredients

6 ounces dry fettuccine pasta

1 (8 ounce) package cream cheese

6 tablespoons butter

½ cup milk

½ teaspoon garlic powder

salt and pepper to taste

2 1/2 breast, bone removeds skinless, boneless chicken breast halves - cooked and cubed

2 cups chopped fresh broccoli

2 small zucchini, julienned

½ cup chopped red bell pepper

Directions

Step 1

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente; drain.

Step 2

While pasta is cooking, melt cream cheese and butter in a skillet over low heat. Stir until smooth. Stir in milk, and season with garlic powder, salt, and pepper. Simmer for 3 minutes, or until thickened, stirring constantly.

Step 3

Mix in chicken, broccoli, zucchini, and red pepper. Cook 3 minutes over medium heat, then reduce heat, and simmer 5 minutes, or until vegetables are tender. Serve over fettuccine.

Nutrition Facts

Per Serving:

645.2 calories; protein 28.3g 57% DV; carbohydrates 39.7g 13% DV; fat 42.7g 66% DV; cholesterol 151.1mg 50% DV; sodium 354.6mg 14% DV.

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