

Chicken Alfredo Pasta (serve with side salad & garlic bread)

Note: Feel free to kick up or change your recipe anyway you like (you'll be the one eating it anyway).

PASTA

Total Time

Aprox: 40 minutes

Prep Time

15 minutes

Cook Time

25 minutes

Ingredients:

for 6 servings

1 ½ lb chicken breast, cubed or sliced into strips

2 tablespoons butter

½ teaspoon dried oregano

½ teaspoon dried basil

½ teaspoon salt

½ teaspoon pepper

16 oz penne pasta (or your favorite)

¼ cup fresh parsley

¼ cup shredded parmesan cheese

Sauce Ingredients (additional):

2 tablespoons butter

4 cloves garlic, minced (or ½ teaspoon garlic powder)

3 tablespoons flour

2 cups milk

½ teaspoon dried oregano

½ teaspoon dried basil

½ cup shredded parmesan cheese

½ teaspoon salt

½ teaspoon pepper

Preparation

Boil pot of water & cook pasta until done.

In a pan over medium-high heat, melt butter, then add the chicken breast.

Season with salt, pepper, oregano, and basil. Cook 8-10 minutes or until the chicken is fully cooked. Remove from heat and set chicken aside.

In the same pan over medium heat, melt butter and add the garlic. Cook until the garlic begins to soften.

Add half of the flour to the garlic and butter, stirring until incorporated. Then add the rest of the flour and stir.

Pour in the milk a little bit at a time, stirring well in between, until fully incorporated and sauce begins to thicken.

Season with salt, pepper, oregano, and basil, and stir well to incorporate.

Add parmesan cheese and stir until melted.

Pour the sauce over cooked pasta, add the chicken and mix well.

Add parsley and extra parmesan. Mix well.

Add side salad & garlic bread.

Enjoy!

SIDE SALAD

Ingredients

1/4 cup your favorite dressing

4 cups chopped romaine lettuce

1 cup cherry tomatoes , cut in half

1 cup cubed/sliced cucumber

1/3 cup dried cranberries

1/3 cup pecan halves

Instructions

In a large bowl toss the lettuce, tomatoes, cucumber, cranberries, pecans, and 1/2 of the dressing mixture.

Divide among individual plates; drizzle with the remaining dressing and season with a pinch of salt and pepper.

GARLIC BREAD

INGREDIENTS

1 16-ounce (450 g) loaf of Italian bread or French bread

1/2 cup (1 stick, 112 g) unsalted butter, softened

2 large cloves garlic, smashed and minced or garlic powder

1 heaping tablespoon of chopped parsley

1/4 cup (25 g) freshly grated Parmesan cheese (optional)

1 Preheat the oven to 350°F.

2 Prepare the garlic bread: Cut the loaf in half, horizontally. Mix the butter, garlic, and parsley together in a small bowl. Spread butter mixture over the the two bread halves.

3 Heat in oven for 10 min: Place on a sturdy baking pan (one that can handle high temperatures, not a cookie sheet) and heat in a 350°F (175°C) oven for 10 minutes.

4 Optional Step: Sprinkle with Parmesan (optional) and broil: Remove pan from oven. Sprinkle Parmesan cheese over bread if you want. Return to oven on the highest rack.