



Garlic Butter Chicken Alfredo

Macros: 515 Calories; 47g Protein; 54g Carbs; 14g Fat

Ingredients

Base

32 oz Chicken breast
30g Shredded Parmesan
2 tablespoons minced garlic or garlic paste
2 tsp garlic powder
2 tsp onion powder
1 tablespoon salt
1 tsp black pepper
Dash of crushed red pepper
½ cup of water
30g of butter
Juice of 1 lemon

Cream Sauce

800g cottage cheese
240ml fat free milk
120g 1/3 fat cream cheese
120g shredded parmesan
Salt and pepper to taste

Extra Ingredients

672g pasta cooked to 50%
Add ½ cup of pasta water

Directions

1. Place all of “base” items in slow cooker
2. Cook on low for 7 hours or high for 4 hours
3. With one hour of cooking time left, blend the “cream sauce” ingredients and put in slow cooker and shred chicken and then add pasta
4. Top with fresh chopped basil