

# GARLIC BUTTER CHICKEN ALFREDO

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

## 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

## Extra Ingredients

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