



Chicken Bowtie Alfredo

Macros: 445 Calories; 40g Protein; 48g Carbs; 12g Fat

Ingredients

Base

32oz Chicken breast

Family size cream of chicken

Block of 1/3 fat cream cheese

1 packet of Italian seasoning

1 tsp salt

1 tsp black pepper

Extra Ingredients

1 package of high protein bowtie pasta (I prefer Barilla)

1 package of steamed broccoli cooked in microwave (optional)

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, shred chicken and add back to sauces, cook the pasta as instructed and add to slow cooker and stir.
 - a. Add optional steamed broccoli