
CHICKEN BOWTIE ALFREDO

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.