



# Chicken Fettuccine Alfredo

## INGREDIENTS

- Carba Nada Fettuccine Noodles, Roasted Garlic (there are 5 servings in a bag, so I just made the whole bag, weighed it when it was done, and portioned out five servings, but only used 4 servings for this recipe.)
- Light butter, 1 Tbsp
- 1/2 Tbsp olive oil
- 1/2 cup grated parmesan cheese
- 2 oz Polly-O part-skim mozzarella
- 3 Tbsp flour
- 1 cup fat-free half and half
- 4 cloves garlic (or more)
- Salt, black pepper, white pepper
- 1 lb chicken breast, cubed
- Up to 1/2 cup chicken broth

## NUTRITION FACTS

Servings: 4

Amount Per Serving

- Calories 408
- Total Fat 13 g
- Saturated Fat 5 g
- Cholesterol 100 mg
- Sodium 804 mg
- Carbohydrate 34 g
- Dietary Fiber 7 g
- Sugars 6 g
- Protein 39 g
- myWW Blue: 9
- myWW Purple: 9
- myWW Green: 11

## DIRECTIONS

1. Pan sear chicken.
2. Cook noodles according to directions.
3. Turn burner on medium heat. Add olive oil and butter to pan, stir to combine. Add garlic, stir to combine. Add flour and stir until it turns into a thick roux. Add half and half and whisk thoroughly. Add parmesan and mozzarella, salt, pepper, and white pepper. Whisk until combined and mozzarella is melted. Add chicken broth until it is your desired consistency. Simmer, stirring occasionally.
4. When the alfredo was done, I weighed the entire portion. I then put my portioned out noodles in a bowl and poured one-fourth of the weighed sauce over it. Top with one-fourth of the chicken.

This recipe can be found at:

<https://planningushealthy.com/chkn-fettuccine-alfredo>

Copyright © 2020 Planning Us Healthy