

CHICKEN FETTUCCHINE ALFREDO

Fill stockpot with water and place over high heat. When water boils, add 1 tsp. of salt and pasta; cook for 11-13 minutes. While pasta is cooking, begin Alfredo sauce and chicken.

Chicken:

Cut one large boneless skinless chicken breast into small pieces (around 1" cube). Sauté in 1 teaspoons of heated olive oil (medium – med.-high) for 5 – 8 minutes until brown.

Alfredo sauce:

¼ c. butter

2 T. olive oil

2 T. flour

1 c. milk

1 t. dried parsley

½ t. dried basil

½ t. salt

¼ t. pepper

Grated Parmesan Cheese (1/4 c. approx.)

In a saucepan over medium heat, melt butter and olive oil. Whisk in flour, then slowly whisk in milk. Stir until thick and bubbly.

Remove from heat. Add parsley, basil, salt, pepper, and cheese. Stir for 2-3 more minutes until cheese has melted.

Pour over drained pasta, add chicken, and toss.