



Chicken and Broccoli Fettuccine Alfredo

Ingredients:

8 oz fettuccine

¼ cup butter

**¼ cup fresh grated Parmesan
cheese + 4 tablespoons**

2 tablespoons half and half

¼ tsp salt

2 (6 ounce) halves boneless

skinless chicken breast

salt and pepper, to taste

1 tablespoon cooking oil

2 cloves garlic, crushed

1 ½ cup broccoli florets



Directions:

- Start water for pasta in a medium sauce pan and water in a medium saucepan with steamer insert for steaming broccoli.
- Pound out chicken until evenly thinned
- In a medium skillet, heat oil over medium high heat.
- Add garlic to oil and cook for 30 seconds, stirring constantly.
- Place chicken breast halves in hot oil.
- Sprinkle chicken with salt and pepper.
- Cook about 4 minutes on each side.
- Remove from heat and slice into $\frac{1}{4}$ - $\frac{1}{2}$ inch slices
- Meanwhile, in a small saucepan, melt butter over medium heat.
- Stir in half and half and salt.
- Heat until bubbles form at the surface.
- Remove from heat and stir in cheese.
- Cover to keep warm and set aside.
- Meanwhile, cook pasta according to package direction.
- Drain pasta, then transfer to serving bowl or individual servings.
- Meanwhile, steam broccoli florets until they are very bright green.
- Remove from heat and dislodge lid to make sure it doesn't over cook.
- Assemble dish: Pour sauce over pasta, top with chicken slices, broccoli, and garnish with freshly grated parmesan cheese.