



CHICKEN ALFREDO

Ingredients

8 ounces dry fettuccine pasta

For the chicken

- 1/2 lb. boneless chicken breast
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon salt
- Pepper to taste
- 1 tablespoons olive oil
- 1/2 tablespoon butter

For the sauce

- 1/4 cup butter, sliced
- 1 cup heavy whipped cream
- 1/2 minced garlic
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Italian seasoning
- Salt and pepper to taste
- 1 cup freshly grated Parmesan cheese

Directions

1. Bring a large pot of water to a boil. Add a pinch of salt, then add fettuccine noodles, then drain well
2. Season chicken with Italian seasoning, salt, and pepper
3. Warm the olive oil over medium-high heat in a large skillet. Add chicken and cook until golden brown
4. Flip the chicken and add 1 tablespoon of butter in between
5. Use the cutting board to cut the chicken into 1/2-inch slices
6. In the same pan add butter and cream; whisk until combined and smooth
7. Bring a gentle simmer and whisk until it starts to thicken
8. Stir in parmesan cheese until melted and sauce smooth
9. Take sauce off heat and toss cooked fettuccine noddle. Enjoy!

COOK TIME: 33 MINUTES

SERVINGS: 6 SERVINGS

SOURCE: BELLY FULL



**KENNESAW STATE
UNIVERSITY**

DIVISION OF STUDENT AFFAIRS
Health Promotion and Wellness



VEGAN ALFREDO WITH BROCCOLI

Ingredients

- 8 ounces uncooked fettuccine
- 4 cups broccoli florets
- 2 cloves garlic, minced
- 3 cups chopped cauliflower
- 1 1/2 cups of unsweetened plain almond milk
- 3 tablespoons nutritional yeast
- 1/2 cup cashews soaked for 30 minutes in hot water
- 2 teaspoons lemon juice
- 3/4 teaspoon salt
- black pepper and fresh basil for garnish (optional)

Directions

1. Bring a large pot of water to a boil then add pasta
2. During the last 3 minutes add broccoli florets, then drain
3. In a medium saucepan, add vegan butter, garlic, and cauliflower
4. Pour in milk and simmer for 5-7 minutes or until cauliflower is tender
5. Transfer to blender, add nutritional yeast, cashews, salt, and lemon juice. Process until smooth
6. Pour into the pot with pasta and broccoli
7. Serve with black pepper and basil leave
8. ENJOY!

COOK TIME: 25 MINUTES
SERVINGS: 6 SERVINGS
SOURCE: NUTRITIOUSEATS



**KENNESAW STATE
UNIVERSITY**
DIVISION OF STUDENT AFFAIRS
Health Promotion and Wellness