

CHICKEN ALFREDO



INGREDIENTS:

- 12 oz fettuccine pasta
- 3 lbs chicken breast
- 2 cups cottage cheese
- 3/4 cups milk
- 2 tbsp garlic powder
- 1 tbsp black pepper
- 3 Laughing Cow cheese wedges (Light)
- Italian seasoning
- 2.5 oz Parmesan cheese
- Avocado oil



DIRECTIONS:

- Cut chicken breast into small strips and add to a large skillet coated with avocado oil. Season chicken with Italian seasoning.
- Cook on medium heat until chicken is full cooked.
- Add cottage cheese, milk, garlic powder, pepper, Laughing Cow cheese, and Parmesan cheese to a blender. Blend for 20 seconds.
- Fill a large kettle with 5 quarts of water. Bring water to a boil and then add pasta.
- Cook pasta for 12 minutes.
- Add sauce ingredients (from blender) to skillet with chicken. Combine evenly. Then, add cooked noodles and combine mixture again.
- Enjoy!