



# ONE POT CHICKEN AND PEAS FETTUCCINE ALFREDO

February 7

National Fettuccine Alfredo Day



## INGREDIENTS

- 2 Chicken Breasts (about 1 pound total) (boneless and skinless cut into cubes)
- Salt and Pepper ( to taste)
- 1 Tablespoon Olive Oil
- 3 Cloves Garlic (minced)
- 2 Cups Chicken Broth (low sodium)
- 1½ Cups Heavy Cream
- 8 Ounces Fettuccine (enriched or whole grain-rich)
- 1 Cup Frozen Peas
- 1 Sprig Basil
- 1½ Cups Parmesan Cheese (grated)

## DIRECTIONS

1. Season chicken generously with salt and pepper. Add oil to a Dutch Oven or a medium size pot and heat it over medium high heat. Add chicken and brown it on all sides, but not cooked through.
2. Add garlic and sauté for 30 seconds until fragrant. Add chicken broth, heavy cream, pasta and basil sprig. Bring to a boil, then reduce to a simmer.
3. Cook for about 15 to 20 minutes or until pasta is tender, stirring occasionally. When pasta is cooked to your liking add frozen peas and cook for 1 more minute. Stir in Parmesan cheese and season with salt and pepper if needed.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

-  Lunch/Supper

## YIELD

5 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	2 Cups