Fettuccine Alfredo with Chicken by Lynn's Recipes

Lynn demonstrates how to make a great dinner recipe, Fettuccine Alfredo with Chicken. This is a lighter version of alfredo sauce, using light cream cheese. The alfredo sauce can be used in other recipes, as well. From Kraft.

Ingredients:

- ½ pound fettuccine, uncooked
- 1 lb. boneless skinless chicken breasts cut into strips*
- 4 teaspoons flour
- 1-1/4 cups fat-free, reduced-sodium chicken broth
- 4 ounces (1/2 of an 8 ounce package) Neufchatel cheese, cubed
- 3 Tablespoons Parmesan cheese, grated, divided
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper

Cook pasta as directed on package.

Meanwhile, cook chicken in a large nonstick skillet on medium-high heat 5-7 minutes or until done, stirring occasionally. I add a little olive oil to the pan for sautéing. Remove the chicken from the skillet. Mix the flour and broth in the same skillet with a whisk. Stir in the Neufchatel, 2 Tablespoons Parmesan cheese, garlic powder and pepper; cook 2 minutes or until mixture boils and thickens, stirring constantly. Stir in the chicken.

Drain the pasta; place in a large bowl. Add the chicken mixture and toss to coat. Sprinkle with the remaining Parmesan and if you prefer, you can add more.

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*I like to use chicken tenders and cut into cubes for this recipe. That way they are bite size.
If desired:

You can add 2 cups of chopped hot cooked broccoli before serving.
Sprinkle with chopped parsley.
Substitute whole wheat fettuccine.
Substitute 1/8 ground nutmeg for the garlic powder.

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