

Chicken Alfredo

Servings: 1

Ingredients:

1 ½ ounces dry fettuccine or linguine pasta
2 tablespoons grated Parmesan, additional to top if desired
1/3 cup white wine
½ cup heavy cream or half and half
1 tablespoon diced shallots or red onion
1 tablespoon olive oil
1 4-6 ounce raw chicken breast, cleaned of excess fat
¼ cup thinly sliced fresh basil leaves
2 teaspoons fresh thyme leaves, removed from stem
1 teaspoon fresh rosemary, removed from stem
*Optional: in replacement of past 3 fresh herbs, can use 2 teaspoons of dried Italian seasoning
2 teaspoons fresh garlic, minced
*Optional: in replacement of fresh garlic, can use 1 teaspoon garlic powder
1/3 cup flour
Salt and pepper, to taste
½ cup sliced mushrooms (optional)

Directions

1. Begin by slicing or dicing all fresh herbs, mushrooms, garlic, and shallots.
2. Bring a small pot of lightly salted water to a boil. Add pasta, and cook 8-10 minutes. Drain.
3. While pasta is cooking, place a pan over medium heat and add your oil. Place flour in a small dish and coat chicken breast evenly. When oil is hot, place chicken in pan and brown on both sides. Pull chicken out of pan and place to the side. Chicken does not need to be completely cooked through, will finish cooking later in the dish.
4. After chicken is browned, bring heat to a medium. May need to add additional oil. Add in garlic and shallot and cook for 1 ½ to 2 minutes and cook until softened. (Add mushrooms at this time if using them, add powdered garlic later with herbs if using)
5. Pour in white wine and deglaze pan. This will pull all of the flavors off the pan from browning the chicken along with adding additional flavor. Cook for 1-2 minutes to burn off all alcohol in the wine.
6. Add cream to pan and stir to bring sauce together. Cut chicken into slices and add to sauce to finish cooking for 2-3 minutes until chicken is cooked through.
7. Add your basil, thyme, rosemary, and Parmesan cheese. Cook until sauce is thickened to your liking and add your cooked pasta. Top with additional Parmesan cheese.