

## Chicken Alfredo

Chicken Alfredo can be made either from scratch, or from a can. The canned version is easier than from scratch, which allows more time to make side dishes and other mealtime delights, but it is not nearly as delicious as alfredo made from scratch. Both methods are included in this recipe.

A white sauce is used over chicken and noodles for the main alfredo dish. The flavour is very rich and cheesy. Almost any vegetable can be served without harming the flavour, or seeming out of place. Use this versatility to your advantage. Don't if you have all the fixings for a great side dish, or are planning to attend a potluck, making alfredo as a main dish is a near-guarantee of a good meal!

Alfredo is just as versatile with drinks as it is with side dishes. Any choice you make will fit the meal, so long as it matches whatever side dish you have selected. If the sauce is particularly sharp and cheesy, a red wine may be necessary to keep up with the flavour.

### Ingredients:

#### Sauce - Canned:

1 can of alfredo sauce.

#### Sauce - Scratch:

2 c. whipping cream

1 c. fresh parmesan cheese, powdered.

#### Pasta:

2 chicken breasts, sliced to strips one half inch wide by two inches long.

2 c. pasta noodles

1 Tbsp. olive oil

1 fresh lime, halved

### Instructions:

(If you are using canned sauce, skip steps 2 and 6. Simply heat the sauce in a pan.)

1. Bring 6 cups of water to a rolling boil and pour in the noodles.
2. Bring the whipping cream to a simmer in a sauce pan over med-low heat. (stirring often!)
3. Heat the olive oil in a sauce pan over medium heat.
4. Place the chicken in olive oil and squeeze one lime half over the pan.
5. Flip the chicken after two-three minutes, and squeeze the other lime over it.
6. Wait until the whipping cream has simmered for five minutes and slowly add all of the cheese, continuing to stir.
7. Remove the chicken from the stove.
8. After the cheese and cream has integrated, add the chicken.
9. Remove the sauce from the stove.

Steps 2-8 should take about ten minutes. After the chicken and sauce is prepared, wait five minutes for noodles to finish cooking. Serve as pasta, with the sauce and chicken over the noodles.

An aesthetic appeal can be added to the meal by sprinkling basil over the pasta, or by including a couple green onions as a garnish.

Source: <http://www.articlecircle.com>

### About the Author

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