

# Chicken & Broccoli Alfredo

5-8 Servings

- 8 ounces fettuccine (or spaghetti noodles)
- 2 cups fresh or frozen broccoli
- 1 cup finely cut strips baby carrots
- 1 tablespoon oil
- 1 pound skinless, boneless chicken, cut into 1" cubes
- 1 (10 1/2 ounce) can condensed cream of mushroom soup  
or Alfredo Sauce
- ½ cup skim milk (omit milk if use Alfredo sauce)
- ½ cup grated Parmesan cheese
- ¼ teaspoon black pepper

1. Cook noodles according to package directions. Drain and set aside.
2. Cook fresh or frozen broccoli and carrots until tender crisp in microwave and drain.
3. In a medium fry pan, brown chicken in oil until fully cooked.
4. Add soup, milk, cheese, black pepper, noodles and broccoli.
5. Add cooked noodles. Heat through and serve.
6. Eat leftovers within 3-4 days.



Prepared by Eau Claire County Wisconsin Nutrition Education Program (WNEP). WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715/839-2300. An EEO/Affirmative Action employer, UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.