



Healthy HARVEST

Quick Chicken Alfredo

There is absolutely nothing wrong with using pre-made ingredients for a quick dinner!! I'm utilizing some great convenient ingredients to get a delicious dinner on the table fast for this recipe! Jarred alfredo sauce + rotisserie chicken combined with some fresh ingredients will give us a super flavorful dinner in no time.

A couple quick notes on this recipe:

- *Feel free to swap out the protein for sausage, beans or even protein-heavy pasta (like Banza) for a filling vegetarian dish*
- *Add any veggies you want- I love mushrooms in alfredo but if you're not a fan, feel free to sub eggplant, zucchini, cauliflower or broccoli*
- *Feel free to use spiralized zucchini or cooked spaghetti squash for a lighter take on the dish*

Ingredients for 2:

- About 1 cup shredded rotisserie (or pre-cooked) chicken, skin removed
- 4 oz pasta (you can use any shape you like- it doesn't have to be fettuccini! Feel free to use spiralized zucchini for a lighter take on the dish as well)
- 4 oz sliced mushrooms (1/2 of an 8oz container)
- 1 small onion
- 1-2 cloves garlic
- 1 tbsp olive oil
- Pepper to taste
- 1-2 tsp (or more, to taste) white or red wine vinegar
- ¾ to 1 cup prepared alfredo sauce (depending on how saucy you like yours! I'm using Classico brand, as it is a bit lighter and not so heavy!)
- Lemon, to taste
- Fresh parsley and parmesan cheese to top, if desired

1. Fill a large pot with water. Bring to a boil.
2. Meanwhile, heat a skillet over medium. Dice the onion nice and small- add the oil, then the onion & mushrooms, along with a pinch of pepper and let saute a few minutes, until slightly soft and fragrant, 3-5 min.
3. Mince the garlic well.
4. Once the water is boiling, add the pasta with a pinch of salt (if desired). Cook according to package directions.
5. While pasta cooks, add the garlic to the skillet and stir well. We want the mushrooms to be soft and slightly browned.



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6. Add a little vinegar to the pan (it should sizzle a bit when it hits the pan).
7. Add the chicken to the skillet
8. Add the alfredo sauce to the skillet and bring to a little simmer, then reduce the heat- placing a lid on if need be
9. Drain pasta (but reserve a little of the pasta water)
10. Add pasta to saucy skillet, adding in a little bit of pasta water if the sauce is too thick. Otherwise, you don't have to if you like the consistency. Turn off or take off the heat
11. Squeeze in a little lemon juice to taste, some more pepper if you like, top with minced parsley and some shredded parm if you want it and have it! Enjoy!