



Pseudo Chicken Alfredo

NIBBLEDISH CONTRIBUTOR

Ingredients

If you prefer the creaminess of cheese but not the taste of cheese then this is the recipe for you! If you also want a healthier alternative to cheese sauces, this might just work, too. I said healthier, not the healthiest!

- Cream of mushroom
- Chicken (any parts) --can substitute with tofu, or any other protein

- 1 bell pepper
- Mushrooms
- Add other other vegetables you like

- Pasta (I used spaghetti)
- Fresh basil
- 1-2 tsp Italian seasoning

- White wine (any kind)
- Pinch of sea salt (could substitute with table salt)

- 2-3 tsp of minced garlic
- 1-2 tsp olive oil

Instructions

PREPARE

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1. Wash your vegetables and slice and or dice them up
 2. Cook the pasta for about 7-8 minutes or until al dente
 3. Heat up the cream of mushroom, stir occasionally

CHICKEN

1. In a separate pan, pour the oil into the pan and add the minced garlic
2. Add wine and chicken
3. Cook until brown (you can add flour to the chicken before you add it to the oil so it'll be more brown)
4. Add a pinch or two of sea salt for flavor
5. Chicken should cook quickly, don't let it overcook.
6. Once it turns slightly golden brown, turn off the heat.
7. Set aside.

SAUCE

1. Add your chicken then your vegetables
2. Stir accordingly
3. Add shredded leaves of fresh basil into sauce
4. Add Italian seasoning, stir
5. Should not take sauce to more than 7 minutes to cook (just watch to make sure the vegetables aren't soggy)
6. Turn off heat

PLATE IT

1. Pasta goes first
2. Add sauce
3. Stir if you like
4. Garnish with more basil
5. Enjoy!