

CHICKEN & BROCCOLI ALFREDO



Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Heavy Cream	60g	
Protein	29.6g dark meat chicken, cubed	3.7
Fat	15g butter	3
	15g mayonnaise	3
Carbohydrate	28.3g tofu shirataki noodles	1
	3.5g frozen broccoli, cooked	0.3
Other	garlic powder, onion powder, pepper, salt	

DIRECTIONS

- Cook the tofu shirataki noodles according to the package directions.
- Melt the butter in a small pot.
- Add the chicken to the pot and stir to coat in melted butter.
- Season to taste with salt, pepper, onion powder and garlic powder.
- Cook for 5 minutes while stirring often.
- Add the heavy cream and mayonnaise to the pot.
- Simmer the ingredients on a high heat until a thick sauce consistency forms.
- Add the noodles and broccoli to the pot; stir.
- Serve warm.

VARIATION

- Other proteins may be used such as shrimp, crab meat or steak.
- Ramen noodles or rice can be substituted for the tofu shirataki noodles.
- If the sauce becomes too thick, add water as needed to create a thinner consistency.