

## Fettuccini Alfredo

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### Sauce

4 tbsp butter, melted  
 ½ cup flour  
 ¾ tsp salt  
 ¼ tsp ground black pepper  
 1 clove Garlic, minced  
 1 cup Mozzarella Cheese, shredded  
 ⅛ cup Parmesan cheese freshly grated  
 2 ½ cups nonfat milk

### Chicken

1 lb Chicken Breast, boneless, skinless, cooked, cubed  
 1 tbsp olive oil  
 ¼ tsp garlic powder  
 ¼ tsp onion powder  
 ¼ tsp salt

### Remaining Ingredients

1 lb fettuccine (uncooked)  
 8 oz frozen baby peas

- 1 Cook chicken in a skillet with olive oil, garlic and onion powder and salt. Turn over 4 or 5 times to cook all the way through without chicken getting too brown. Remove from skillet and place on a cutting board. Allow to cool some before cutting.
- 2 Melt butter in a large saucepan. Mix the flour, ½ tsp salt and pepper together. Add to melted butter and stir with whisk until blended together. Over medium-high heat, add the milk and minced garlic. Allow to get hot, but not boil. Add the mozzarella and parmesan cheeses and stir in well. Mixture should thicken. If it gets too thick, add small amounts to milk to obtain desired consistency.
- 3 Cook fettuccine according to package instructions.
- 4 Cook the peas according to package instructions.
- 5 Reheat the cut-up chicken the the skillet over medium heat.
- 6 May be served all mixed together or with the items separately for individual tastes.

Servings: 6

### Cooking Times

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Preparation Time: 20 minutes

Cooking Time: 40 minutes

### Degree of Difficulty

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Degree of Difficulty: Moderately difficult

### Nutrition Facts

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Serving size: ⅙ of a recipe (7.3 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	270.73
Calories From Fat (29%)	78.93
	% Daily Value
<b>Total Fat</b> 8.97g	<b>14%</b>
Saturated Fat 4.28g	<b>21%</b>
<b>Cholesterol</b> 29.91mg	<b>10%</b>
<b>Sodium</b> 650.23mg	<b>27%</b>
<b>Potassium</b> 306.93mg	<b>9%</b>
<b>Total Carbohydrates</b> 29.86g	<b>10%</b>
Fiber 2.26g	<b>9%</b>
Sugar 7.6g	
<b>Protein</b> 17.26g	<b>35%</b>
MyPoints 5.71	