

# **FETTUCCINE ALFREDO**

(Serves 4)

## **INGREDIENTS AND QUANTITIES:**

4 Chicken breasts (boneless & skinless)  
1/2 Cup butter or margarine  
2/3 cup heavy/whipping cream  
1 1/4 Cup grated Parmesan cheese  
1 1/2 lb. fettuccine noodles  
1/2 tsp. grated nutmeg (opt)  
salt and pepper to taste  
2 tbsp. oil or margarine

## **EQUIPMENT & UTENSILS:**

Large fry pan  
Large pot  
Cutting board  
Colander  
Wooden spoon  
Small, dry and liquid measures

## **PROCEDURE:**

1. Boil water and add pasta. Cook until tender stirring occasionally. Rinse in colander and return to original pot.
2. Cut chicken into strips.
3. Add oil/margarine to frying pan and cook chicken until fully cooked. Do not over-cook. Remove pan from heat and set aside.
2. Heat butter, cream and nutmeg in a large pot until butter is melted.
3. Remove from heat. Add 1 cup Parmesan cheese and salt and pepper.
4. Stir until sauce is blended and fairly smooth.
5. Add to noodles and toss until they are well coated.
6. Place chicken on top of the noodles and sprinkle with remaining cheese and serve immediately.