

# Chicken Spinach Alfredo

## INGREDIENTS:

### ALFREDO:

*1/4 cup butter*

*1 cup whipping cream*

*1/2–3/4 cup milk*

*1 clove garlic, crushed*

*2 cups shredded Parmesan cheese \*\*\*DON'T use canned grated parmesan, it doesn't melt well at all and makes sauce thick and gritty\*\*\**

*1 Tbsp dried parsley*

*1 cup shredded mozzarella*

*1/2 tsp salt*

### OTHER:

*1 cup thawed frozen chopped spinach*

*1 good sized frozen boneless Chicken breast*

*1/2 box linguine noodles prepared as directed on box.*

## DIRECTIONS:

*1st. Season frozen chicken breast liberally with paprika, garlic powder, salt, black pepper, wrap chicken in aluminium foil, place on cookie sheet in case juice leaks. Bake in 450 degree oven 45 minutes. remove and let cool over to the side. \*\*If using thawed chicken breast, cook for 30 minutes at 350 degrees.\*\**

*2nd. While chicken is baking: In medium sauce pan spread thawed chopped Spinach, don't worry about squeezing all the juice out. Sprinkle with 1 or 2 Tbsp. dried onion flakes, or 1/2 cup fresh chopped onion. Let simmer on med-low, stirring occasionally while preparing Alfredo sauce.*

*3rd. Alfredo Sauce: Melt butter in a medium saucepan over medium low heat. Add cream and simmer for 5 minutes, then add salt, garlic, and parmesan cheese and whisk quickly, heating through. Add milk, stir in parsley and add mozzarella stirring until melted.*

*4th. Slice chicken into bite sized pieces, then add it and spinach mixture to Alfredo sauce. Ladle over cooked noodles and serve.*