



## One-Pot Chicken Alfredo

**Yield:** 4 servings

**Prep Time:** 10-15 minutes

**Cook Time:** 25-30 minutes

**Allergens:** wheat/gluten, dairy

**Kitchen Tools:** cutting board, knife, pot, wooden spoon

### Ingredients:

1 tbsp	Canola oil
1 pound	Chicken thighs or breasts
1 ½ tsp	Garlic powder
½ tsp	Salt
¼ tsp	Black pepper
1 carton	Low sodium chicken broth
1 package	Linguine dried pasta
2 cups	Broccoli florets
½ cup	Cream cheese
2 tsp	Lemon juice
¼ cup	Parmesan cheese

### Food Preparation Instructions:

1. Wash and dry your hands.
2. Place a cutting board on the countertop with a damp cloth underneath it to keep the board from sliding around.
3. Wash the broccoli under cold running water and then gently shake it to get the excess water out. Set on a clean kitchen towel or paper towel to drain.
4. Cut the bottom end of the stem off, about ¼ inch. Using a vegetable peeler, peel the tough outer skin off the stem of the broccoli. Throw away broccoli peels.
5. Cut the stem from the broccoli florets and cut into ¼-inch pieces. Cut the florets of the broccoli into bite-sized pieces. Place the broccoli in a bowl and set aside.
6. Using the same cutting board, cut the chicken into small, bite-sized pieces. Put chopped chicken in a bowl and set aside.
7. Wash your hands after handling the raw chicken.



- Clean up the counterspace. Place the cutting board in the sink to be washed and the knife on the counter by the sink to be washed. Never leave a sharp knife in the sink to be washed because someone could accidentally cut themselves.
- Now follow the cooking directions below.**

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### **Cooking Directions:**

#### **Cook the chicken:**

- Place a large pot on the stove top. Turn the heat to medium-high (6-7 on the dial). Check to see if the pot is hot by holding the back of your hand a few inches above the pan.
- Add 1 tablespoon of oil to the hot pot.
- Add the chicken and cook for about 7-8 minutes, stirring occasionally, until the chicken is browned.
- Add the garlic powder, salt, and pepper; stir and cook for 30 seconds.

#### **Prepare the chicken alfredo:**

- Pour the broth into the pot and mix well; increase heat to high (8-9 on the dial) and bring pot to a boil. Add the linguine pasta and stir.
- Reduce the heat to medium-high (5-6 on the dial) and boil, covered for 4 minutes, stirring occasionally. Remove the lid and continue to cook for 5-6 minutes, until most broth is absorbed by the linguine.
- Stir in the broccoli, cream cheese, and lemon juice. Cook for another 3-4 minutes, stirring often, until the cream cheese melts and coats all of the pasta
- Turn off the stove. Remove pot from stove and stir in parmesan cheese.

**To serve: Divide pasta over 4 plates or bowls and serve immediately, while hot.**

### One-Pot Chicken Alfredo

Estimated cost to serve 4 people:



QUANTITY	INGREDIENT	RECIPE COST (estimated)
1 tablespoon (15 ml)	Canola or vegetable oil	\$0.09
1 pound (454 g)	Chicken thighs or breasts, diced	\$10.79
1 ½ teaspoons (7 ml)	Garlic powder	\$0.02
½ teaspoon	Salt	\$0.01
¼ teaspoon	Black pepper	\$0.02
1 carton (900 ml)	Low sodium chicken broth	\$1.69
1 package (342 g)	Linguine dried pasta	\$1.70
2 cups (500 ml)	Broccoli florets	\$3.99
½ cup (125 g)	Cream cheese	\$1.90
2 teaspoons (10 ml)	Lemon juice	\$0.10
¼ cup (60 ml)	Parmesan cheese	\$0.82
<b>TOTAL: \$21.11/recipe = \$5.28/person</b>		