

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Chicken Alfredo with a Twist

Serves 4

This recipe cuts back on the carbs from pasta by using thinly sliced julienne strips of zucchini and yellow squash. You can also use a vegetable spiral cutter to cut long twisting strands of veggies.

Ingredients:

4 ounces dried whole grain linguine
1 medium zucchini squash, cut into 3-inch julienne strips (about 2 ½ cups)
1 medium yellow summer squash, cut into 3-inch julienne strips (about 2 ½ cups)
1 tablespoon canola oil
1 pound boneless chicken breast or thighs, cut into bite-size strips
½ cup diced red onion
2 cloves garlic, minced (about 2 teaspoons)
1 tablespoon flour
1 ½ cup fat-free half-and-half
¼ teaspoon salt
1/8 teaspoon pepper
¼ cup grated parmesan cheese (1 ounce)
2 tablespoon chopped fresh basil or parsley

Directions:

1. Cook linguini according to package instructions, adding the zucchini and yellow squash for the last 2 minutes of cooking time. Drain well.
2. Meanwhile, in a large skillet heat oil over medium-high heat. Add chicken, onion and garlic and cook until chicken is cooked through – about 5 minutes.
3. In a small bowl, whisk together flour and ½ **cup** fat-free half-and-half. Add to chicken mixture along with the remaining half-and-half, salt, and pepper. Simmer until sauce thickens – about 10 minutes. Turn off heat and stir in parmesan cheese.
4. Serve chicken mixture over linguini-squash mixture. Sprinkle with basil.

Nutritional Information per serving:

Calories: 376	Carbohydrates: 35g
Total Fat: 11g	Cholesterol: 86mg
Saturated Fat: 3g	Dietary Fiber: 4g
Protein: 34g	Sodium: 475mg