

Light Chicken Alfredo (Grain and Protein)



Ingredients:

- 10 oz whole-wheat penne or rotini
- 2 10 oz cans low-fat, cream of chicken soup
- 1 1/3 c fat-free half and half
- 1/4 tsp pepper
- 1 dash garlic powder
- 1/3 c Parmesan cheese
- 3 c chicken, cooked and cubed

Directions:

1. Prepare pasta according to package directions. Drain well.
2. In a separate pot, mix soup, half-and-half, pepper, garlic powder, Parmesan cheese, and chicken.
3. Cook for 5 minutes over medium heat, stirring often.
4. Combine noodles and sauce just before serving.

Makes 6 servings.



Tarrant County Public Health
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