

Alfredo with Broccoli & Chicken

2 broccoli crowns, just the florets
2 Tbsp butter
2 Tbsp flour
2 Cups milk
1/2 Cup parmesan cheese - I use the best quality possible, it makes a difference.
1/3 Cup ricotta cheese
1/4 tsp salt
1/4 tsp black pepper
1 lb of pasta - fettuccine is traditional, I like to use mini-penne so I don't have to cut it on the kids' plates.
2-3 chicken breasts, cut into bite size chunks

To make the most of my time I have worked out my little system --

First - wash and cut the broccoli and get it steaming over medium heat.

Second - get water boiling for pasta (most pasta takes twice as long to cook here at altitude)

Third - cook the chicken in olive oil - be sure to season well - salt & pepper, or whatever you like.

Fourth - once the chicken is cooked through I transfer it to a large casserole dish with a lid and put it in the oven on warm. As other bits finish I add it to the dish! That way it doesn't have to finish at the same time - that stresses me out.

Fifth - Start the sauce! Melt butter in a saucepan over medium heat. Add the flour, and cook it for a quick minute while stirring. Gradually add milk, whisking to blend. Cook for about 15 minutes or until it starts to thicken - you need to stir/whisk constantly. Next stir in your cheeses, salt and pepper, and cook until the cheeses melt. Taste, and remember it's going over pasta, I usually add a touch more salt.

Usually while the sauce is cooking the broccoli and pasta finish, and I have added them to the dish in the oven. When the sauce has finished I pour it over the top and stir to combine! I love this dinner with a salad, but love that I already have veggies in the mix for my kiddos.

I hope you try it and enjoy it! Let me know what you think.

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