

Chicken Vegetable Alfredo



Makes 6 servings.

6 oz uncooked linguine
2 cups fresh broccoli florets
2 cups thinly sliced carrots
2 Tbsp margarine
½ cup chopped onion
1 garlic clove, minced
3 Tbsp all-purpose flour
2 tsp very low-sodium chicken-flavor instant bouillon
½ teaspoon salt
¼ teaspoon pepper
2 cups skim milk
1 ½ cups cubed cooked chicken
1 8-ounce container light sour cream
1/3 cup grated Parmesan cheese
¼ cup sliced ripe olives, if desired

Cook linguine to desired doneness as directed on package.

Meanwhile, in medium saucepan, bring 4 cups water to a boil. Add broccoli and carrots; return to a boil. Reduce heat; cook about 5 minutes or until crisp-tender. Drain well.

Melt margarine in large nonstick saucepan over medium heat. Add onion and garlic; cook until onion is tender. Stir in flour, bouillon, salt and pepper. Gradually stir in milk. Cook until mixture boils and thickens, stirring constantly.

Stir in cooked broccoli and carrots, chicken, sour cream and ¼ cup of Parmesan cheese. Cook until thoroughly heated. Do not boil.

Drain linguine. Add to vegetable mixture; toss to mix. Place on serving platter; sprinkle with remaining Parmesan cheese and olives.

Nutritional Analysis: per 1 ¼ cup serving
Calories – 360
Fat – 12g
Saturated Fat – 5g
Cholesterol – 50mg
Sodium – 510mg
Carbohydrate – 41g
Protein – 22g