

Chicken And Veggie Alfredo

Get This:

- 1 stick butter
- 1 brick (8oz.) Neufchatel, cut into slices or chunks (or cream cheese)
- 1 c. half and half (or cream)
- 1 c. parmesan cheese
- 1/2 - 1 c. water as needed to thin
- garlic salt and pepper to taste
- 1 pound chicken tenders, cut into bite size pieces
- 1 bag frozen veggies (I used California blend)
- If you don't use cream, you may need to use xanthan gum, added with the water to thicken your sauce a bit)

Do This:

1. Steam veggies until just tender.
2. While veggies are steaming, cook chicken in skillet until no longer pink.
3. When chicken is done, remove from skillet and set aside til later.
4. Add butter to pan and melt over med-high heat.
5. Once mostly melted add cream and mix well.
6. Once butter and cream are nice and warm, add cream cheese and mix well.
7. Stir in parmesan cheese.
8. Now add enough water to make alfredo sauce desired consistency. You want it to cover all your chicken and veggies, but not too thin.
9. Once your alfredo is desired consistency, add steamed veggies and cooked chicken.
10. Stir everything together until veggies and chicken are all covered well with alfredo sauce.
11. Enjoy!