

THE CULINARY

Playground



Baked Chicken Alfredo

Serves 4

- 4 oz cream cheese, softened
- 1/4 cup butter
- 1 heaping teaspoon minced garlic
- 1 1/4 cup milk
- 3 ounces Parmesan cheese, grated (set a few tablespoons aside for topping)
- 1 teaspoon dried parsley
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 cups penne pasta, cooked (about 8oz dry)
- 1 cup cooked chicken, shredded
- 1/2 cup frozen peas or broccoli florets

On a small plate , mash softened cream cheese with a fork until smooth, set aside.

Melt butter in a large saucepan over medium heat. Add minced garlic; saute until golden, about 30 seconds. Add mashed cream cheese a little at a time and until smooth. Add milk; stir until there are no lumps, using a spatula to mash any. Lower heat to medium. Add Parmesan cheese, parsley, Italian seasoning, 1/4 teaspoon salt, and black pepper. Simmer, stirring occasionally, until sauce is smooth, about 5 minutes. Remove from heat.

Preheat oven to 375 degrees F.

In a casserole dish add cooked pasta, shredded chicken and veggies. Pour sauce on top and toss gently with a spoon to moisten all pasta. Sprinkle top with reserved Parmesan cheese. Cover with aluminum foil.

Bake in the preheated oven until sauce is bubbly, about 15 minutes. Remove aluminum foil and bake until cheese is golden, about 5 minutes more.