

Pumpkin Chicken Alfredo



Ingredients

***2 lb. pumpkin cleaned and baked at 350° for 45 min.**
***Pumpkin seeds rinsed, sprinkle with salt and pepper and roasted 15 min at 350°**
***1 lb. chicken breast, cook 350° 20-30 min. (165° internal temperature)**
1 lb. fettucine
2 tbsp butter
2 clove garlic, minced
2 tbsp flour
2 c milk
½ tsp salt
1/8 tsp nutmeg
1 c parmesan cheese, grated
1 tbsp parsley

Directions

Scoop out the pumpkin flesh and puree in food processor.

In saucepan, melt butter, add garlic and sauté until fragrant. Whisk in flour and cook 30 seconds, add milk, salt and nutmeg. Whisk until thick and creamy, add pumpkin. Remove from heat and stir in ¾ c of the cheese. Cook pasta in 4 quarts of water according to directions. Drain. Cut cooked chicken into chunks. In a large serving bowl toss noodles with chicken and sauce. Top with the parsley and the remaining cheese.

Nutritional Information

Calories per serving 741
Total Fat 26g
Saturated Fat 11g
Cholesterol 98mg
Sodium 661mg
Total Carbohydrates 91g
Dietary Fiber 4g
Protein 36g

Servings 5