

Chicken Alfredo Without The Guilt



Alfredo sauce is one of those decadent delights that we've been conditioned to regard as extremely rich and fattening. We've been told that a single exposure to it will surely lead us down the path to an early death courtesy of a heart attack that we so richly deserve. At least the first part of that belief is still true (it's extremely rich).

The rest has been proven to be pure baloney.

If you eat poultry, then you're pretty much on Easy Street when it comes to eating low-carb. There are so many ways to prepare chicken that you could probably go for an entire year without repeating any of them. If you think I'm exaggerating, then punch "chicken recipes" into Google and let 'er rip. It seems that just about every nationality and ethnic group has a chicken recipe they're known for, with the exception of possibly the Inuit and Kalahari Bush People, but they have their own delicious forms of cuisine. What's great about chicken and low-carb is that if an existing recipe isn't already low-carb friendly then it can usually be adapted so that it is.

When you think of Alfredo the first thing that probably comes to mind is Fettuccine Alfredo. Now this definitely isn't low-carb and it's an unhealthy combination of starchy carbs and saturated fat. But when we divorce it from its long-term pasta pairing, things really open up in terms of low-carb possibilities. What is also great about Alfredo sauce is that it doesn't require an additional thickener such as flour or corn starch. The heavy cream and loads of Parmesan cheese

handle all that on their own... what's not to like and best of all, no guilt (unless you want it)!

Servings: 2

Nutrition Facts	
Serving Size 4 oz	
Servings Per Container 2	
Amount Per Serving	
Calories 560	Calories from Fat 229.5
% Daily Values*	
Total Fat 25.5g	39%
Saturated Fat 12g	60%
Trans Fat 0g	
Sodium 815mg	34%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 29g	58%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients:



- 2 boneless, skinless chicken breasts (4oz each). Pound or cut in half so relatively thin.
- 3 Tbsp unsalted butter
- 1 Tbsp EV00
- 1/4tsp garlic salt
- 1/4tsp ground black pepper
- 1/4c heavy whipping cream
- 1/2c grated Parmesan cheese
- 1/2tsp dried parsley flakes (optional)

Directions:



1. Season chicken breasts with garlic salt and black pepper.
2. Heat 1Tbsp butter and 1Tbsp EV00 in a skillet.
3. Sautee chicken breasts until brown on both sides and cooked through. About 4-5 mins per side. Remove when done to serving plate.
4. Melt 2Tbsp butter in a small sauce pan.
5. Add heavy cream to pan and lower heat.
6. Gradually add grated Parmesan to sauce while stirring. Bring to just below a boil. Don't overheat. Sprinkle black pepper into Alfredo sauce and stir.
7. Pour Alfredo sauce over chicken breasts and sprinkle dried parsley on top.

The really great thing about Alfredo sauce is that you can pour it over just about anything, including beef, fish, and veggies. It did wonders for those cut green beans in the photo at the top of this post!