

# Chicken Walnut Fettuccine With Broccoli Italiano

Meal Time – 30 minutes

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## SHOPPING LIST

### MEAT

½ pound boneless chicken tenders

### PRODUCE

1-2 green onions

1 ½ teaspoons roasted garlic

½ cup pre-sliced mushrooms

½ cup (6-ounces) broccoli florets

### DAIRY

½ tablespoon butter

½ cup heavy whipping cream

### DRY GROCERY

Large zip-top bag

1 tablespoon flour

½ teaspoon seasoned salt

6 oz Fiber Gourmet fettuccine pasta

2 tablespoons white wine

2 tablespoons toasted walnuts pieces

1 ½ tablespoons grated Parmesan cheese

½ tablespoon olive oil

½ tablespoon lemon juice

### SUGGESTED ITEM

Garlic bread

## Chicken Walnut Fettuccine

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### Ingredients

1-2 green onions  
1 tablespoon flour  
½ teaspoon seasoned salt  
Large zip-top bag  
½ pound boneless chicken tenders  
½ tablespoon butter  
½ teaspoon roasted garlic  
¼ cup pre-sliced mushrooms  
6 oz Fiber Gourmet fettuccine pasta  
2 tablespoons white wine  
½ cup heavy whipping cream  
2 tablespoons toasted walnuts pieces  
1 tablespoon grated Parmesan cheese

### Steps

1. Fill large saucepan half full of water. Cover and bring to a boil on high for pasta. Chop green onions finely; set aside.
2. Combine flour and seasoned salt in zip-top bag; shake to mix. Cut chicken into bite size pieces and place in bag. Wash hands. Seal bag tightly and shake to coat.
3. Preheat large sauté pan on medium-high 2-3 minutes. Place butter in pan; swirl to coat. Add garlic and chicken; cook 4 minutes, stirring occasionally, to brown chicken evenly.
4. Stir mushrooms into chicken; cook 3 minutes, stirring occasionally, or until tender.
5. Stir pasta into boiling water; boil 6 minutes, stirring occasionally, or until tender.
6. Add wine, cream, and onions to chicken. Cook 4-6 minutes, stirring occasionally, or until sauce thickens.
7. Drain pasta and stir into chicken. Sprinkle with walnuts and cheese; serve.

## Broccoli Italiano

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### Ingredients

½ cup (6-ounces) broccoli florets  
1 teaspoon roasted garlic  
¼ cup pre-sliced mushrooms  
½ tablespoon olive oil  
¼ teaspoon salt  
Dash of pepper

### Steps

1. Break broccoli into bite-size pieces, if preferred. Place in microwave-safe bowl. Stir in garlic, olive oil, salt, and pepper.
2. Cover and microwave on HIGH 2 minutes, stirring once, or until crisp-tender.
3. Stir in cheese and lemon juice. Serve around pasta. Heat up garlic bread and serve along side.