

Melody's Chicken Alfredo "McCain"

INGREDIENTS:

- **2 skinless chicken breasts, cut into bite-size pieces (or slices if you prefer).**
- **1 red pepper, seeded, coarsley diced, sautéed in olive oil or butter (optional)**
- **8 oz pasta (fettuccine, penne, etc. (thicker pasta works better)**
- **4 tablespoons unsalted butter, at room temperature (or you can use olive oil)**
- **1 cup freshly grated Parmigiano Reggiano (Parmesan)**
- **1 cup Half and Half**
- **½ cup Heavy Cream (or leave out heavy cream and use 1 ½ cups of half and half)**
- **salt and freshly ground pepper (use white pepper if you have it)**
- **a pinch of grated nutmeg**

DIRECTIONS:

- 1. Set the pasta water to boil in your pasta pot.**
- 2. In a large sauté pan large enough to hold all the ingredients, sauté the diced chicken in 2 tablespoons of butter or good olive oil until lightly browned. Set chicken aside on a warm plate.**
- 3. Cook the pasta**
- 4. TIP: Remember to reserve some of the cooking water to moisten your chicken Alfredo if it is too dry.**
- 5. In the sauté pan: Add the heavy cream, 2 tablespoons of butter and 1/2 cup Parmesan cheese to the same pan. Keep cooking on low-medium heat, stirring occasionally until the mixture reduces slightly and thickens.**
- 6. Add pinch of nutmeg, (sage is also good in this recipe), salt and pepper to taste. Stir.**
- 7. Add the cooked chicken and mix again. Taste for salt. Add a Tbsp or two of the pasta cooking water if too dry.**
- 8. ADD the cooked and well-drained pasta to the sauce. Mix well with a wooden spoon.**
- 9. Enjoy!**