Pistachio - Chicken Alfredo

Servings: 2

1 Zucchini = about 1 cup diced

Pasta

1 tablespoon Olive oil - Canola Blend 50/50
8 ounces Boneless skinless chicken breast, small diced
2 cups zucchini, Medium diced
2 teaspoons fresh garlic, minced
1 1/2 cups heavy cream
1 pinch nutmeg, freshly ground
1 cup Parmigiano Reggiano, Freshly grated
to taste Fresh Ground black pepper
to taste kosher salt
1/2 cup pistachio nut, rough chop
2 tablespoons Italian parsley, chopped

Make sure to have all of your prep (Mise en place) done ahead of time prior to starting to cooking anything.

Start large pot of boiling water. When you have all your prep organized you can start cooking your pasta at the same time you start cooking you chicken.

Saute Chicken in olive oil until fully cooked and then remove from pan

Using the same pan saute Zucchini and remove from pan

Start cooking pasta in boiling water. Pasta will take approximately 7-9 minutes. Make sure to stir past as soon as you put it into the pot, and continue occasionally during the cooking process. Make sure to reserve some of the pasta cooking liquid to add to the pasta as needed.

Again in the same pan sweat out garlic on low heat in olive oil for about 1 minute (Sweat is to cook on low heat without browning).

Add cream and pinch of nutmeg, bring to a simmer and cook for about 2 minutes

Turn down heat and add 3/4 Parmesan cheese, 3/4 of the Pistachios reserving the rest for garnish

Season to taste with kosher salt and fresh ground black pepper

Add cooked pasta, cooked chicken, cooked zucchini, and cook for about 3 minutes
Place in the center of a warm plate or pasta bowl

Garnish with parmesan cheese, Pistachios, and if desired chopped parsley

**Yield: 2 servings**

*Per Serving (excluding unknown items): 932 Calories; 84g Fat (77.0% calories from fat); 38g Protein; 18g Carbohydrate; 5g Dietary Fiber; 310mg Cholesterol; 206mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 16 Fat.*