

Chicken Alfredo With a Twist

Rating: ★★★★★

Prep time: 15 minutes

Cook time: 15 minutes

Makes: 6 Servings

This rich and creamy recipe gives ordinary chicken alfredo a healthy twist, combining fat-free half and half with canned cream of chicken soup and whole-wheat rotini noodles.

Ingredients

- 2 1/2 cups** Rotini pasta, whole-wheat, dry (10 oz)
- 2 cans** Low-fat reduced-sodium cream of chicken soup (Two 10 3/4-oz cans)
- 1 1/3 cups** Fat-free half and half
- 1/4 teaspoon** ground white pepper
- 1/8 teaspoon** garlic powder
- 1/3 cup** grated Parmesan cheese
- 3 cups** Cooked diced chicken, 1/2" pieces (12 oz)

Directions

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered about 8-10 minutes or until tender. Do not overcook. Drain well.
2. Mix soup, half-and-half, pepper, garlic powder, parmesan cheese, and chicken in a large pot. Cook for 5 minutes over medium heat, stirring often. Heat to 165 °F or higher for at least 15 seconds.
3. Combine noodles and sauce right before serving. Serve hot.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	344.92	
Total Fat	8.16 g	
Protein	29.71 g	
Carbohydrates	40.85 g	
Dietary Fiber	2.67 g	
Saturated Fat	3.59 g	
Sodium	571.55 mg	

MyPlate Food Groups

Grains	1 1/2 ounces
Protein Foods	2 1/2 ounces

Notes

Our Story

Located in southwest Ohio, Van Buren Middle School is a proud member of the Kettering City School Family. Out of the nine recipes developed for testing, two were submitted to the Recipes for Healthy Kids Competition, and the Chicken Alfredo With a Twist recipe proved to be a winner!

This recipe saves on fat and calories by using fat-free half and half, and boosts the fiber content by incorporating whole grains. Whole-wheat rotini noodles are used to replace traditional fettuccini noodles. These 'twists' make this a healthy alternative to the classic chicken alfredo. Pair a serving with a refreshing vegetable side dish to give your kids a meal that is sure to please!

Van Buren Middle School

Kettering, Ohio

School Team Members

School Nutrition Professional: Louise Easterly, LD, SNS

Chef: Rachel Tilford

Community Member: Mary Kozarec (School Nurse)

Students: Graham B., Jonathan A., Shawnrica W., and Savannah S.

Note: Keep noodles and sauce separate until serving time. Sauce will thicken upon standing.

Recipes for Healthy Kids Cookbook for Homes