

# Garlic Chicken Fettuccine Alfredo with Mozzarella

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

## Servings: 6

*2 medium size boneless/  
skinless chicken breasts  
2 cups Parmesan cheese  
1 pound Mozzarella cheese,  
shredded  
6 tablespoons garlic salt  
2 sticks butter  
1 pint half-and-half  
1 package (medium size)  
fettuccine noodles*

Preheat the oven to 325 degrees.

Completely cook the fettuccine noodles in a large kettle. Drain. While cooking the noodles, clean the chicken breasts and cut into one-inch cubes.

In a medium size skillet, melt 1/2 stick of butter over medium heat. Add two tablespoons of garlic salt to the butter and stir with a fork. Add the chicken cubes. Sprinkle them with two more tablespoons of garlic salt. Sear the chicken cubes, stirring and turning them constantly (cooks quickly), until no pink shows on the outside. Remove from the heat.

In a medium saucepan, melt one stick of butter. Add 3/4 pint of half-and-half and two tablespoons of garlic salt. Mix well. Add 1-1/2 cups of finely shredded Parmesan cheese and all but one cup of the grated Mozzarella cheese. Simmer over medium-low until all of the cheese melts. Stir often to avoid burning and butter separation. (The mixture should be thick and stringy, but pourable. If not, add a little more of the half-and-half to thin or cheese to thicken.)

After the noodles are drained, return the warm, cooked noodles to the kettle. Add 1/2 stick of butter, stirring until it melts. Return to the stove over medium-low heat and add the cheese mixture. Mix thoroughly. Add the chicken cubes and stir thoroughly. (Should have the consistency of a pourable casserole.)

Pour the mixture into a 9x13-inch nonstick, spray-coated pan. Sprinkle the remaining cup of Mozzarella cheese over the top of the mixture. Sprinkle the remaining 1/2 cup of Parmesan cheese over the top of the Mozzarella.

Bake for 40 minutes.

Stir the mixture before serving.

(Suggestion: Use leftover half-and-half when rebaking leftovers to keep the mixture from drying out.)

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Per Serving (excluding unknown items): 646 Calories; 57g Fat (79.3% calories from fat); 28g Protein; 6g Carbohydrate; 3g Dietary Fiber; 171mg Cholesterol; 7272mg Sodium. Exchanges: 4 Lean Meat; 9 Fat; 0 Other Carbohydrates.