

CAULIFLOWER CHICKEN ALFREDO



Makes: 4 servings

Nutrition Information:

Calories: 330, Protein: 34g,
Fat: 5g

INGREDIENTS

- 1 tablespoon olive oil
- ½ cup diced white onion
- 1½ tablespoons minced garlic, fresh
- 12 ounces steamed cauliflower florets
- 1½ cups unsweetened almond milk
- 1 cup Parmigiano-Reggiano (or grated parmesan)
- Pinch of sea salt & cracked pepper
- 1½ pounds chicken breast, cut into 1-inch pieces (OR portobello mushrooms)
- ½ pound asparagus, chopped into 1/2-inch pieces
- 12 ounces wheat linguine (OR your choice of pasta or veggie noodles)
- Fresh parsley and shaved Parmesan for garnish

PREPARATION

1. Place steamable bag of cauliflower in the microwave (or bring a pot of water to a boil and steam the cauliflower) and cook according to instructions given and set aside.
2. Prepare pasta or linguine in a pot according to the instructions given. Set aside.
3. Set a medium skillet on medium heat. Once hot, sauté onions and garlic for 2 to 3 minutes in olive oil, or until the onion turns slightly brown and translucent.
4. Transfer the onions and garlic to a blender, along with the remaining ingredients of the sauce. Blend until smooth and fine. Season to taste with pepper. If you want a thinner sauce, add tablespoons of almond milk or water.
5. Set the nonstick skillet back on high heat. Once it is hot, spray with oil, then add chicken and asparagus pieces. Allow the chicken and asparagus to rest in the skillet until marks form, about 2 minutes. Then reduce the heat to medium and stir together and cook the chicken through, about 4 to 6 minutes.
6. Add pasta to the skillet and toss together using tongs. Then, pour in the sauce and fold everything together.
7. Use as much sauce as you'd like and then store the rest in an airtight container.