



## Fettuccine Hungry Chick-fredo



Entire recipe: 252 calories, 7.5g total fat (2.5g sat. fat), 515mg sodium, 9.5g carbs, 4g fiber, 1.5g sugars, 35.5g protein

**Prep:** 10 minutes    **Cook:** 15 minutes

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### Ingredients

1 bag House Foods Tofu Shirataki Fettuccine Shaped Noodle Substitute  
One 5-oz. boneless skinless raw chicken breast cutlet, pounded to 1/2-inch thickness  
Dash each salt and black pepper  
1 tsp. light sour cream  
2 tsp. reduced-fat Parmesan-style grated topping  
1 wedge The Laughing Cow Light Creamy Swiss cheese  
Optional seasonings: garlic powder, paprika

### Directions

Use a strainer to rinse and drain noodles. Thoroughly pat dry. Roughly cut noodles.

Bring a skillet sprayed with nonstick spray to medium-high heat. Season chicken with a dash each salt and pepper and place in the skillet. Cook for 4 minutes.

Flip chicken and cook for 4 more minutes, or until cooked through.

Remove chicken and slice into strips. If needed, clean skillet. Remove from heat, re-spray, and bring to medium heat. Add noodles, sour cream, Parm-style topping, and cheese wedge, breaking the wedge into pieces. Cook and stir until cheese has melted, mixed with sour cream, and coated noodles, 2 to 3 minutes.

Stir in sliced chicken and cook and stir until hot, 1 to 2 minutes. Yum!

#### MAKES 1 SERVING

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