

Chicken Linguine Alfredo

1 lb. linguine pasta
4 cloves garlic
1/2 big onion diced
4 T butter
1lb. chicken breast cut into chunks
2 t Italian seasoning / Italian herbs
1 bag frozen broccoli florets
4 T all purpose flour
3 cups milk
1 cup heavy cream
pepper to taste
1 t salt
8 oz shredded Colby-Monterey Jack cheese
3/4 parmesan shredded



1. Cook the Pasta according to the package (mine said 9 minutes) in a pot.
2. Add 4T butter to a pan and cook onion, garlic and then chicken. When chicken is not pink anymore add broccoli until cooked.
3. Sprinkle with herbs and flour and add milk slowly, then follow with whipped cream (step by step, let boil to thicken between steps)
4. Toss in all the chesses, salt and pepper and serve over the linguine!