

Cajun Chicken and Andouille Fettuccini Alfredo



Ingredients:

1 pound chicken breast cut into 1-inch pieces
1 pound Andouille sausage, sliced
1 package uncooked fettuccini pasta
4 cloves garlic, minced
6 cups cold milk
1 cup reduced fat half and half
1 cup chopped onion
1 cup chopped red bell pepper
1 cup chopped green bell pepper
1/2 cup olive oil
1/2 cup shredded parmesan
1/2 cup chopped parsley
2 teaspoons Old Bay seasoning
2 teaspoons granulated chicken bouillon
1 teaspoon ground thyme
1 teaspoon ground cayenne pepper
1 teaspoon ground coriander
1 teaspoon ground oregano
1 teaspoon onion powder
1 teaspoon paprika
1 teaspoon celery salt
1 teaspoon lemon pepper
1 teaspoon red pepper flakes

Directions:

- 1) Combine spices Old Bay through lemon pepper in a small bowl.
- 2) Add 1/4 cup of the olive oil to a deep soup pot over medium heat until shimmering.
- 3) Add the chicken and spice mix, stir and cook until chicken is cooked through, 8 to 10 minutes. Remove the chicken with a slotted spoon and place it in a small bowl.
- 4) Add the sausage to the pot and cook until browned, about 5 to 7 minutes. Remove the sausage from the pot and add to the bowl with the chicken. Set bowl aside.
- 5) Add the remaining 1/4 cup of the olive oil to the pot and stir in the garlic, bell peppers and onion. Cook until vegetables are soft, about 3 to 5 minutes.
- 6) Stir in the milk and the half and half, and cook until mixture comes to a low boil.
- 7) Add the pasta and cook until tender, about 12 to 15 minutes.
- 8) Return the meats to the pan and stir in the parmesan and parsley.
- 9) Serve the pasta in deep bowls, sprinkled with fresh chopped parsley, grated parmesan, and red pepper flakes.