



## Lightened-Up Chicken Alfredo Pasta

**Prep: 10 minutes**

**Cook: 16 minutes • Serves: 4**

- ½ (13.25-ounce) package whole wheat linguine pasta
- ½ cup frozen peas
- 1 pound boneless, skinless chicken tenderloins
- ¾ teaspoon salt
- ½ teaspoon ground black pepper
- Nonstick cooking spray
- 2 teaspoons unsalted butter
- 2 teaspoons all-purpose flour
- ¾ cup low-fat milk
- ½ teaspoon garlic powder
- 1 container (8 ounces) light sour cream
- ½ cup grated Parmesan cheese
- Shredded Parmesan cheese and chopped fresh chives or Italian flat-leaf parsley leaves for garnish (optional)

**1.** Heat large covered saucepot of water to boiling over high heat. Add linguine and cook as label directs, adding peas during last 1 minute of cooking. Drain pasta mixture; return to saucepot and cover to keep warm.

**2.** Meanwhile, heat large skillet over medium-high heat. Sprinkle chicken with ½ teaspoon salt and ¼ teaspoon pepper. Spray skillet with cooking spray. Add chicken; cook over medium-high heat 8 to 10 minutes or until chicken is browned and reaches an internal temperature of 165°, turning occasionally. Transfer chicken to plate; keep warm.

**3.** In same skillet, melt butter over low heat. Stir in flour to form a paste; cook 2 to 3 minutes or until browned, stirring occasionally. Increase heat to medium; stir in milk, garlic powder, and remaining ¼ teaspoon each salt and pepper. Cook 3 to 5 minutes or until sauce thickens, stirring occasionally. Stir in sour cream and cheese; cook 1 to 2 minutes or just until heated through.

**4.** Cut chicken into 1-inch pieces. Add pasta mixture and chicken to skillet; toss until well coated in sauce. Serve sprinkled with shredded cheese and chives, if desired.

*Approximate nutritional values per serving:*

*458 Calories, 14g Fat (8g Saturated), 96mg Cholesterol,  
826mg Sodium, 45g Carbohydrates, 6g Fiber, 36g Protein*