



Grilled Chicken Fettucine with Lemon Cream Sauce

By Chef Dave Bland

3 Servings

Ingredients:

Sea salt	6 oz heavy cream
Olive oil	1 or 2 roasted garlic
Fresh black pepper	4 oz Reggiano Parmigiano cheese
10 oz chicken	8 oz fettucine pasta, boiled and cooled
2 oz salted butter	
1 small white onion, diced	

Directions: Season the chicken with sea salt, black pepper and olive oil. Grill the chicken until it is firm, and cut in even slices.

In a sauté pan add the butter and onions, and sauté. Then add chicken and sauté briefly. Add the cream and garlic and bring to a boil. Add the cheese immediately. Use a wire whisk to create a smooth sauce. Toss in the pasta and finish by seasoning with fresh pepper.

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Amount Per Serving	
Calories	635.0
Total Fat	28.8 g
Saturated Fat	17.3 g
Polyunsaturated Fat	1.4 g
Monounsaturated Fat	8.2 g
Cholesterol	165.5 mg
Sodium	436.6 mg
Potassium	287.2 mg
Total Carbohydrate	58.3 g
Dietary Fiber	1.3 g
Sugars	0.1 g
Protein	35.7g

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