

Bowtie Chicken Alfredo

12 ounces, weight Bowtie Pasta (farfalle)

4 Tablespoons Butter

2 whole Boneless, Skinless Chicken Breasts

Salt And Pepper, to taste

2 cloves Garlic, Minced

2 Tablespoons flour

3/4 cups Dry White Wine (may Substitute Low-sodium Chicken Broth)

1/2 cup Half-and-half

3 Tablespoons Heavy Cream

Low Sodium Chicken Broth, As Needed For Thinning

1/3 cup Parmesan Shavings Or Grated Parmesan

2 Tablespoons Fresh Parsley, Minced

Cook pasta according to package directions. Drain and set aside.

Salt and pepper both sides of the chicken breasts generously.

Heat 2 tablespoons of butter in a large skillet over medium-high heat.

Add chicken breasts and cook until deep golden brown on both sides and done in the middle.

Remove from the skillet, slice into thin strips, and set aside.

Add additional 2 tablespoons of butter to the skillet, followed by the minced garlic. Stir the garlic around the pan to avoid burning, and cook for 1 minute. Sprinkle in flour and cook for 2-3 min on medium heat to create a white Roux.

Slowly pour in wine (or broth), then let it bubble up and reduce for 1 1/2 to 2 minutes on LOW HEAT.

Add half-and-half, cream, and extra salt and pepper, whisking constantly until it's all combined.

Allow liquid to heat up and thicken for a few minutes. If it gets too thick, you may thin it with a little chicken broth.

When the sauce looks good, remove it from the heat.

Add Parmesan to the pan, then throw the hot pasta right on top of it. Toss it a bit.

Add the chicken and continue tossing until it's all combined.

Again, if it gets too gloopy, splash in a little broth (you may return the pan to low heat if it needs it.)

Taste it, adjust seasonings, and top with minced parsley and extra Parmesan. Serve immediately!