

Chicken Alfredo Pasta Bake

This chicken recipe takes a healthier turn by replacing the typical (and higher in calories) Alfredo sauce with a lower fat sauce.

Recipe Type: Casserole, Main Dish, Pasta, Poultry

Degree of Difficulty: Moderately difficult

Ingredients

1 lb medium shell pasta, prepared according to pkg. directions
2 cups cooked diced chicken, skinless
1 cup frozen peas, defrosted
2 (4-oz.) cans sliced mushrooms, drained
¼ cup grated Parmesan cheese
¼ cup breadcrumbs

Alfredo Sauce Substitute

2 cups low fat cottage cheese
2 cups Yogurt, plain low fat
2 tsp Garlic clove, crushed
1 tsp lemon zest
pinch black pepper
2 Tbsp Parmesan cheese grated
1 tsp Parsley chopped

Directions

Alfredo Sauce Substitute

- 1 Place cottage cheese, yogurt and garlic in a blender.
- 2 Mix until creamy.
- 3 Stir in the lemon zest and black pepper.
- 4 Let the sauce set at room temperature for 25 to 30 minutes.

Directions for Chicken Pasta Bake

- 1 Preheat oven to 350° F.
- 2 Combine pasta, sauce, chicken, peas and mushrooms in large bowl.
- 3 Spoon into 2-quart baking dish.
- 4 Combine cheese and breadcrumbs in small bowl.
- 5 Sprinkle breadcrumb mixture over pasta.
- 6 Bake for 20 minutes.

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Inactive Time: 30 minutes

Total Time: 1 hour and 5 minutes

Nutrition Facts

Nutrition (per serving): 412 calories, 6.7g total fat, 2.7g saturated fat, 39.2mg cholesterol, 551.4mg sodium, 54.8g carbohydrates, 3.1g fiber, 3.4g sugar, 31.5g protein.

Servings: 8



Weight Watchers Points

Note: The chicken breast and veggies were not used to calculate the Freestyle SmartPoints. The yogurt is included as it is low fat, not non-fat. The veggies are not included in calculating the other points.

Orig. WW Pts: 8

Points Plus: 10

Smart Points: 10

FreeStyle Smart Points: 9

Tips

You can use 2 jars of Alfredo sauce instead of the substitute if you prefer. Just make sure to add in the extra nutrition information.