**Chicken Alfredo**

**Ingredients**

8 ounces pene pasta

½ pound chicken breast, cut into bite sized pieces

Salt and pepper to taste

2 tablespoons butter

1 tablespoon flour

2 cloves garlic, minced

1 cup half-and-half

1 cup grated parmesan cheese

1 tablespoon chopped parsley

**Directions**

*For the Pasta:*

In a large pot of boiling salted water, cook pasta until al dente. **Before draining the pasta, use a ladle and save 1 cup pasta water in a bowl and set aside**. Drain the pasta and set the pasta aside.

*For the Sauce:*

While the pasta is cooking, cut the chicken into bite sized pieces and season with salt and pepper. Set aside on a plate.

In a medium pot, melt the butter over medium heat. Add chicken and sauté until the chicken is browned and no longer pink in the center.

Add the garlic to the chicken and continue to sauté for 20 seconds.

Add the flour to the chicken and garlic mixture and stir to combine. Cook for about 30 seconds.

Add half-and-half to the chicken mixture, stirring constantly, until the mixture comes to a simmer and thickens.

**Turn off the heat** and add the cheese. Stir until the cheese is fully melted. Taste the sauce and add salt and pepper to taste.

*To Assemble:*

Add cooked pasta to the sauce, and toss to combine. If needed, **gradually add enough reserved pasta water** to thin sauce (sauce will thicken as it stands). Serve sprinkled with parsley.