

Cheryl's CHICKEN ALFREDO

with Pasta

A rich and creamy Alfredo made with tender seasoned chicken, garlic, Parmesan and a blend of healing herbs. The perfect comfort food for any night of the week.

MADE WITH
REAL INGREDIENTS
& HERBS

EVERYTHING
HERBAL
by Cheryl Jabz



COMFORT
FOOD MADE
WITH REAL
INGREDIENTS



PREP TIME
15 MIN



COOK TIME
20 MIN



SERVINGS
4

INGREDIENTS

CHICKEN

- 1 lb boneless, skinless chicken breasts
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Italian seasoning
- ½ tsp sea salt (or to taste)
- ½ tsp black pepper

ALFREDO SAUCE

- 2 tbsp unsalted butter
- 4 cloves garlic, minced
- 2 cups heavy cream
- 1 cup whole milk
- 1 cup grated Parmesan cheese
- ½ cup shredded mozzarella cheese (optional)
- 1 tsp dried basil
- 1 tsp dried parsley
- ½ tsp dried thyme
- ½ tsp dried oregano
- ½ tsp ground nutmeg (optional)
- ¼ tsp sea salt (or to taste)
- ¼ tsp black pepper (or to taste)

PASTA & GARNISH

- 12 oz fettuccine or pasta of choice
- Fresh parsley, chopped
- Extra Parmesan for serving

INSTRUCTIONS

- 1 COOK THE PASTA:** Bring a large pot of salted water to a boil. Cook pasta according to package directions until al dente. Reserve ½ cup pasta water, then drain and set aside.
- 2 SEASON & COOK CHICKEN:** Season chicken with olive oil, garlic powder, onion powder, Italian seasoning, salt, and pepper. Heat a large skillet over medium-high heat. Cook chicken for 5–6 minutes per side, or until cooked through (internal temp 165°F). Remove from skillet and let rest 5 minutes, then slice into strips.
- 3 MAKE THE SAUCE:** In the same skillet, melt butter over medium heat. Add garlic and sauté for 30–60 seconds until fragrant.
- 4** Add heavy cream and milk. Whisk and bring to a gentle simmer. Let cook for 2–3 minutes.
- 5** Stir in Parmesan and mozzarella (if using) until melted and smooth.
- 6** Add basil, parsley, thyme, oregano, nutmeg (if using), salt, and pepper. Simmer for 2–3 minutes to blend the flavors.
- 7 COMBINE:** Add cooked pasta to the sauce and toss until well coated. Add reserved pasta water a little at a time until you reach your desired consistency.
- 8** Top with sliced chicken and garnish with fresh parsley and extra Parmesan.

CHEF'S TIP

For even more flavor, let the sauce simmer a little longer and add an extra splash of cream before serving.



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Serve warm and enjoy!

SIMPLE INGREDIENTS. HERBAL GOODNESS. MADE WITH LOVE.

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HERBS with BENEFITS

Basil: supports immunity & reduces inflammation
Parsley: rich in vitamins A, C & K
Thyme: aids digestion & soothes the body
Oregano: natural antioxidant & antimicrobial