

Gluten & Dairy-Free Chicken Alfredo Pasta

From the Kitchen Of: The Oxford Center

Ingredients:

Alfredo Sauce

- 1 ¼ cup cashews, soaked for 20 hours
- ½ tbsp lemon juice
- 2 cloves garlic, roasted in avocado oil
- ¾ cup water, more as needed
- ¼ tsp dried thyme
- ½ tsp salt
- ½ tsp chili flakes
- ½ cup parmesan (optional)

Chicken

- 2 medium chicken breasts, cut into thin strips
- salt and pepper to taste
- 2 tbsp avocado oil

Pasta

- 8 oz gluten-free pasta of choice

Directions:

- Prepare pasta according to box instructions. Drain and set aside.
- For the chicken:
 - Heat avocado oil in a skillet over medium heat
 - Season chicken to taste
 - Add chicken to preheated skillet and brown evenly until cooked through, turning occasionally.
- For the alfredo sauce:
 - In a large blender, add all sauce ingredients and blend until smooth. Add more water, one tbsp at a time, until the desired consistency is reached.
- Toss pasta, sauce, and chicken together and garnish as desired!

Notes:

- Fresh parsley is a great garnish to make the dish look great and add some extra nutrients!
- Using zucchini noodles is a great way to keep glycemic index low!
- Omitting the parmesan is a great way to keep the recipe dairy-free without noticing a lack of flavor!

