



broccoli alfredo stuffed shells;

1. (brah-koh-lee ahl-frey-doh shuf'd shellz) *noun*. Chicken and broccoli alfredo filling stuffed into jumbo shells.
2. Produces 6 Servings.
3. Preparation 55 mins.
4. Oven temperature set to 350.

Ingredients;

- | | |
|----------------------------------|--------------------------|
| 1 lb. chicken | 1 tsp. garlic powder |
| 1 tsp. onion powder | 1 tsp. cayenne |
| 1 tsp. ea salt & pepper | 1 14oz jar alfredo sauce |
| 1 box jumbo shells | 1 broccoli crown |
| 1 Tbsp. olive oil | 1 clove garlic, minced |
| $\frac{1}{2}$ c. parmesan cheese | |

Instructions;

1. Bring a pot of water to a boil. Cook shells until al dente, then remove and run under cold water to stop the cooking.
2. Slice the chicken into thin strips and season with garlic pepper, onion powder, cayenne, salt and pepper.
3. Heat a large pan and add olive oil. Once hot, add in minced garlic and sauté 30 seconds until fragrant.
4. Add chicken to the pan and cook 2-3 minutes, then flip and cook another 1-2 minutes. Dice chicken and set aside.
5. Chop broccoli into small pieces and add to the pan. Sautee until toasted. Add in alfredo sauce with a splash of water and simmer.
6. Add in diced chicken and mix together. Stuff shells and line in a baking pan. Top with parmesan cheese and bake 5-10 minutes. Serve when parmesan cheese is melted and toasty.