High Protein Chicken Alfredo

A higher-protein chicken Alfredo with seared chicken, chickpea or high-protein pasta, and a smooth cottage-cheese and Greek-yogurt sauce.



Prep 15 min | Cook 20 min | Total 35 min | Serves 4

Cooking times are estimates; warm the blended sauce gently and do not boil.

Ingredients

• 12 oz (340 g) high-protein or chickpea pasta; 1 lb (450 g) boneless skinless chicken breast, cubed; 1 tsp (5 ml) olive oil; 1 cup (225 g) low-fat cottage cheese; 1/2 cup (120 g) plain Greek yogurt; 1/2 cup (120 ml) warm low-sodium chicken broth; 3/4 cup (75 g) finely grated Parmesan; 1 garlic clove, grated; 1/2 tsp kosher salt; 1/4 tsp black pepper; 2 tbsp chopped chives.

Protein amounts vary by pasta, dairy brand and portion size; nutrition is not calculated here. Blend cottage cheese until smooth before warming. Do not boil the yogurt-based sauce.

METHOD & KITCHEN NOTES

How to make it

1. Cook the pasta according to its package directions until al dente. Reserve 1 cup pasta water and drain.

2. Season chicken with salt and pepper. Sear in oil in a large skillet until browned and 165°F (74°C) at the thickest point. Transfer to a plate.

3. Blend cottage cheese, yogurt, broth, garlic and Parmesan until smooth. Warm the mixture in the skillet over low heat, stirring; do not let it boil.

4. Toss pasta and chicken with the sauce. Add reserved pasta water a little at a time to coat. Finish with chives and serve promptly.

Doneness & best results

Check every chicken portion with a food thermometer: the thickest center must reach 165°F (74°C). Color alone is not a reliable doneness test. Cooking times vary with thickness and equipment.

Blend the cottage cheese thoroughly and warm the sauce gently to keep it creamy.

Serving & variations

Makes 4 servings. Divide evenly and serve hot. Serve with a green salad or steamed vegetables if desired; optional sides are not included in the ingredient quantities.

Meal prep: portion pasta, chicken and sauce separately if possible, then combine after reheating. Use a higher-protein pasta or add steamed broccoli; protein totals depend on brands and serving size.

Store, freeze & reheat

Refrigerate leftovers in shallow covered containers within 2 hours of cooking, or within 1 hour when the ambient temperature is above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Refrigerate cooked chicken promptly and follow the oldest ingredient’s storage clock.

Cool promptly, pack airtight and freeze at 0°F (-18°C) or below for best quality for up to 2 months. Cream-based sauces may separate after thawing. Thaw in the refrigerator; continuous freezing preserves safety longer than the quality window.

Reheat covered in a saucepan over low heat or in the microwave with a splash of broth or water, stirring for even heating. Reheat leftovers to 165°F (74°C), checking more than one spot. Avoid a hard boil, which can split the sauce.

Recipe online

howtocookchickenrecipes.com/high-protein-chicken-alfredo/