

Best Way to Cook Chicken for Chicken Alfredo

PREP 10 MINUTES • COOK 15 MINUTES • REST 5 MINUTES • 4 SERVINGS

INGREDIENTS

1½ lb (680 g) boneless skinless chicken breasts, pounded to even thickness Even thickness helps the chicken cook at a similar rate.	**1 tbsp (15 ml) olive oil**
1 tsp kosher salt	**½ tsp black pepper**
1 tsp garlic powder	**1 tsp Italian seasoning**
1 tbsp (14 g) butter	**½ lemon, juiced**

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METHOD

1. Pat chicken dry. If pieces vary in thickness, pound the thicker ends to about ¾ inch. Rub with salt, pepper, garlic powder and Italian seasoning.

2. Heat olive oil in a heavy skillet over medium heat. Add chicken without crowding and cook 5 to 7 minutes on the first side, depending on thickness.

3. Turn chicken and add butter. Cook another 4 to 7 minutes, spooning melted butter over the surface, until the center reaches 165°F (74°C).

4. Move to a clean board, squeeze lemon over the chicken and rest 5 minutes. Slice across the grain and serve over prepared fettuccine Alfredo.

FOOD SAFETY	STORAGE & REHEATING
Cook chicken to 165°F (74°C) at the thickest portion, checked with a food thermometer. Color and cooking time alone cannot confirm doneness.	Refrigerate leftovers in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Reheat covered in a skillet over low heat or in the microwave with a splash of water or broth. Reheat leftovers to 165°F (74°C), checking more than one spot.
COOKING NOTES	**FREEZING**
For chicken breasts, even thickness and a thermometer are more reliable than a fixed cook time. Cutting immediately can spill juices; resting briefly helps retain them. Boneless thighs can be used; cook to at least 165°F (74°C). Chicken can also be grilled or baked, checking the thickest portion with a thermometer.	Cool promptly, pack airtight and freeze at 0°F (-18°C) or below for best quality up to 2 months. Thaw in the refrigerator.

Serving: Makes 4 servings. Divide evenly and serve hot over prepared fettuccine Alfredo. A green salad or steamed vegetables can be served separately; these are not included in the ingredient quantities.

Technique reference: Food Network. Food safety guidance: USDA Food Safety and Inspection Service.

Nutrition: Not calculated; no verified nutrient analysis is supplied.