

# Chicken Tequila Fettuccine

Servings: 8

## Ingredients:

- 1 lb. *chicken breast*
- 16 oz. *fettuccine*, dry
- 3 Tbl. *soy sauce*
- 2 Tbl. *garlic*, minced
- 2 Tbl. *jalapeno*, fresh, diced  
(or  $\frac{1}{2}$  tsp dry)
- $\frac{1}{2}$  c. fresh *cilantro*, chopped  
(or 2 Tbl. Gourmet Garden cilantro)
- $\frac{1}{2}$  c. *chicken stock*
- 2 Tbl. *tequila*
- 2 Tbl. *lime juice*, fresh
- 2 Tbl. *corn starch*
- 1 can (12 oz.) *evaporated milk*
- 1 c. *onion*, chopped
- 1 package (frozen) *bell pepper strips*

## Directions:

1. Broil chicken 10- to 12-minutes on each side, cool, then dice.
2. Cook pasta according to package directions.
3. Start sautéing onion and bell peppers over medium heat.
4. Combine cornstarch with 2 Tbl. milk, set aside.
5. In medium SAUCEPAN sauté garlic, soy sauce, jalapenos and all but 2 Tbls. of cilantro.
  - Add stock, tequila and lime juice. Bring to a boil; reduce heat and cook 10-minutes until liquid nearly evaporates.
  - Add cornstarch mixture and remaining milk, stirring constantly over medium heat until thickened; do not boil. Remove from heat and set aside.
6. Toss pasta with sauce, vegetables, top with chicken, and garnish with reserved cilantro.

## Nutrition: (Serving size: 1 cup noodles with ~ 2 oz. chicken)

calories: 399    protein: 28.3g    total carbohydrate: 54.5g    total fat: 5g  
sugars: 9.4g    sodium: 262mg    dietary fiber: 2.7g    saturated fat: 2.6g