

Alfredo Chicken and Broccoli w/ Sweet Potato Pasta (Whole 30, Paleo)

Shopping List:

Serving size 2

Pasta:

- 1 sweet potato, peeled
- salt and pepper
- 1 tbsp. olive oil
- 2 thin sliced boneless skinless chicken breasts, cut into bite size pieces
- 2 cups broccoli florets
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Alfredo Sauce:

- 2 garlic cloves, minced
- 1 tbsp. onion powder
- 1/2 cup raw cashews, soaked for 2-24 hours, drained
- 1 cup vegetable broth (you may end up needing less)
- 2 tbsps. nutritional yeast
- 1/2 tsp salt
- 2 tsp lemon juice
- 1/4 tsp white pepper (or black pepper)

Directions:

Alfredo Sauce: Place all of the ingredients into the food processor and pulse until a creamy texture. Start with 1/2 cup of vegetable broth and add in as you puree it so that you get the consistency you like. I used 1 cup of vegetable broth. You can prepare this 1-2 days in advance if you'd like.

Chicken and Broccoli Sweet Potato Pasta: Preheat the oven to 400* F. Rinse and peel the sweet potato and cut off the ends to create flat surfaces. Place onto the **Spiralizer** and using blade B (if you have a **three blade spiralizer**), turn the handle to create noodles. Spread the sweet potato noodles out on a greased, foil lined baking sheet. Roast for 10-12 minutes until al-dente.

Meanwhile, heat 1 tbsp olive oil in a **non stick skillet** over medium high heat. Add the chicken, salt, and pepper and cook for about 7 minutes until browned. Add in the broccoli florets and a tad more salt and pepper to taste and cook for about 5 minutes. The broccoli should be tender.

Remove the sweet potato noodles from the oven when they are finished cooking and add them to the skillet along with the Alfredo sauce, stirring to combine. Allow the dish to heat for a minute or two to heat up the sauce. Serve immediately.