LIGHTER COMFORT FOOD

Cottage Cheese Chicken Alfredo

Creamy, protein-rich and ready in 20 minutes

SERVES	PREP	COOK
4	5 min	15 min

I INGREDIENTS

- **8 oz** uncooked linguine
- **1 lb** fat-free cottage cheese
- **1/2 cup** 2% reduced-fat milk
- **1 clove** garlic, peeled
- **3/4 tsp** kosher salt
- **1/4 tsp** black pepper
- **1 Tbsp** grated Parmigiano-Reggiano
- **1 lb** fresh zucchini spirals
- **1 lb** cooked skinless boneless chicken breast, thinly sliced or shredded
- **4 tsp** grated Parmigiano-Reggiano, for serving

D DIRECTIONS

1. Heat a large pot of salted water to boiling on high. Cook linguine according to package directions.
2. Just before draining the pasta, reserve 1/4 cup pasta cooking water. Stir the zucchini noodles into the pot, then drain immediately.
3. While the pasta cooks, puree the cottage cheese, milk, garlic, 1 Tbsp Parmigiano-Reggiano, salt and pepper in a blender until smooth.
4. Toss the drained pasta-zucchini mixture with the cheese sauce. If the sauce is too thick, add a splash of reserved pasta water and toss to coat.
5. Divide among 4 plates. Top each with 4 oz chicken and 1 tsp Parmigiano-Reggiano. Add black pepper, if desired.

7 **WW POINTS**
per serving
28 POINTS FOR THE FULL RECIPE

COOK'S NOTE

Reserve the pasta water before draining - it loosens the sauce while keeping it silky and creamy.

ESTIMATED NUTRITION PER SERVING

CALORIES	PROTEIN	CARBS	FAT	SAT. FAT	FIBER	SODIUM
540	57g	53g	7g	2g	4g	950mg

Nutrition is approximate and varies by brand; WW Points follow the current Points program.