

Pasta-Free Chicken Alfredo with Vegetables

Ingredients:

- Boneless skinless chicken breast
- 1 Green Bell Pepper
- 1 Red Bell Pepper
- 1 Large Red or Yellow Onion
- 1 Zucchini
- 1 Cup uncooked Brown Rice
- 1 Stick Butter
- 1 Cup Cream
- ½ Cup grated Parmesan Cheese
- Fresh Ground Pepper

Instructions:

Prepare Brown Rice according to package. (Will take 45 Minutes or more) Rinse and slice up chicken breast. Wash and slice up vegetables. In one skillet, sauté chicken breast in peanut or coconut oil. In different skillet, sauté vegetables in peanut or coconut oil. This will take about 25-30 minutes. 5 Minutes before chicken, rice and vegetables are ready to serve, melt stick of butter in separate skillet. Once melted, add cup of cream. Heat on medium to medium Low until well mixed. DO NOT BOIL. Add parmesan cheese and pepper. Heat till warm. Layer in bowls, rice, then vegetables, then chicken. Cover with Alfredo Sauce. ENJOY!