



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Grilled Vegetable & Chicken Alfredo

Serves 4

Ingredients:

- 1 red bell pepper, cut into thick slices/pieces
- 1 yellow bell pepper, cut into thick slices/pieces
- 1 sweet onion, cut into thick slices/pieces
- 1 cup baby carrots, cut in half
- 2 chicken breasts, grilled and cut into strips
- ½ pound whole wheat pasta, cooked
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 2 cups milk
- ½ cup parmesan cheese shredded
- Sea salt
- Pepper

Directions:

1. Preheat the grill and add the sliced vegetables to a grill basket. Grill the vegetables over medium heat for 25-30 minutes, until the vegetables are charred and tender. Grill the chicken until the chicken is cooked through and reaches an internal temperature of 165° F.
2. In a sauce pan melt the butter. Once the butter is melted, stir in the flour. After the flour is well combined, add in the milk. Stir with wire whisk throughout, until the sauce starts to bubble evenly. Then cook for 1 minute more to thicken. Remove from heat and stir in the shredded Parmesan cheese and season with sea salt and pepper.
3. Serve the grilled vegetables and chicken over cooked pasta and divide sauce among plates. Top with additional Parmesan cheese, if desired.