



INGREDIENTS

16 oz jar roasted red peppers in oil
1/4 cup used in recipe

skinless boneless chicken
3-4 tenderloins or 1-2 breasts

6-10 mushrooms

2/3 cup spinach - fresh or frozen

16 oz jar alfredo sauce

grated parmesan cheese (*in a shaker*)

1 package cheese tortellini

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Roasted Red Pepper Alfredo

Total time: About 30 min | Serves Four

The first step is to prepare the red peppers. Drain the oil from the jar and puree the peppers in a food processor or blender. Once pureed, pour back into the jar for storing. You will only use a small amount each time you make this sauce so one jar will last for several meals.

Cut the chicken into bite size pieces and saute in a deep skillet. Season with onion and garlic powder and a little salt and pepper to taste. When the chicken is almost done, add the mushrooms and saute until both are cooked through.

Push the mixture to the outer edge of the pan and add a bit of margarine to the center. Add the spinach and saute until cooked through.

Pour in the alfredo sauce and mix well. We like a little more sauce so I add 1/4 cup milk to the empty alfredo jar, shake well and pour into pan along with a few shakes of parmesan cheese.

Next add about 1/4 cup of the pureed red peppers to the sauce. You can use more or less depending on taste. Mix well and heat through.

Serve over cheese tortellini with garlic bread and enjoy!

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