Chicken Fettucine Alfredo

Ingredients

* 2 – 3 boneless skinless chicken breast
* ½ to 1 lb cooked fettuccine noodles
* ½ cup butter
* 2 tbsp cream cheese
* 1 pint heavy cream
* 1 – 2 tsp garlic powder
* Chopped parsley
* Salt and pepper to taste
* ¾ cup fresh grated parmesan cheese

1. To start, cook the chicken breasts by wrapping each one in foil and sealing the edges tight (to form an envelope) and baking on a cookie sheet at 25 minutes or so or until they're done. Cooking your chicken this way keeps the chickens natural juices in so that you end up with a piece of chicken that is moist and flavorful with very little effort. I cook mine this way anytime that I need shredded or chunked chicken. You don't need any seasonings when you cook it this way, but it isn't going to hurt if you do season it a bit to your preference. Once your chicken is fully cooked, cut into chunks of whatever size your family prefers.
2. While the chicken is cooking, start your pasta and cook according to the directions on the package.
3. As you boil the pasta, melt the butter for the sauce in a medium saucepan over medium heat. Nothing higher and nothing lower.
4. When your butter is melted, add the 2 tablespoons of cream cheese and whisk it around the pan until it's all creamy and melts too. You'll want to pretty much whisk constantly so that it doesn't burn. Once it's fully melted, slowly whisk in the heavy cream. Don't substitute milk. Don't substitute half and half. You must use real heavy cream.
5. Add in the garlic powder, parsley and a pinch or three of salt & pepper if you're using it and keep whisking. Whisk gently.
6. Bring to a simmer and let simmer for 25 minutes. If you need to reduce your heat, do so. You don't want it getting to a full rolling boil. This will burn VERY quickly if you let it Whisk often.
7. Remove from heat and quickly stir in the grated cheese.
8. TASTE before serving. Taste a small bite to see if your seasonings are okay. If not, adjust as needed. Once you've adjusted your seasonings, you're ready to eat! Serve the fettuccine noodles
9. Plate the fettuccine noodles first then top the noodles with a generous serving of chicken breast. Ladle the Alfredo sauce over the top. Garnish with a bit of Parmesan cheese and serve hot!