

Recipe Name: Home made Alfredo Cream Sauce

Skillet Italian Chicken thighs

~~Serves: 6 regular~~ ~~From: The Home~~ ~~Cook Time: 30 minutes or~~
or 2 Fatties 3 Palate wine
(AKA - Sooty 2 Hottie)

Ingredients

Alfredo:

- 1 pint heavy cream
- 6 oz. Cream cheese
- 1 stick unsalted butter
- 1.5 cups fresh shredded parmesan cheese
- 4 cloves garlic
- 1.5 tablespoons Italian Seasoning
- 1.5 teaspoons fine black pepper

Direction

Alfredo - Put Cream, Cream cheese, butter in medium Sauce pan on Medium-low so you do not burn the cream on bottom of pan. Cook on medium-low the entire time. Using a garlic press add the 4 cloves of garlic. Once butter & cream cheese is dissolved add everything else, stirring frequently until incorporated. Cover and leave on lowest setting, still stirring occasionally.

Chicken:

- About 3 lbs boneless/skinless Chicken thighs
- Garlic powder
- Italian Seasoning
- Sea Salt
- Fine black pepper
- Olive oil
- Cast Iron Skillet (10" and deep, like my wiener)

Chicken: In 13"x9" dish put all boneless skinless chicken thighs in, drizzle with Olive oil. Season with all Seasonings and Flip. Repeat this step 2 times. Cover and let sit at least 8 hours. (Before cooking & let chicken sit 45 mins max time) Bring Cast iron skillet to medium/high heat with 1/4 cup Olive oil in it. Add chicken and flip about every 5 minutes until both sides are browned and chicken is cooked through. You can also grill the chicken for a crusty/crispy outside.

Notes:

- You can put this Combo over pasta, stuff pasta shells with it, Add broccoli or asparagus and eat with or without pasta.