

Creamy Teriyaki Chicken Fettuccine

1 Tablespoon Olive Oil
2lbs Chicken Breast Cut into bite size pieces (cutting semi-frozen is easiest)
2-3 Cups Assorted Fresh Veggies Chopped (I used broccoli, zucchini, mushrooms and sugar snap peas)
6-7 Servings Cooked Fettuccini

Sauce

3 Tablespoons Butter
3 Tablespoons Flour
2 Cloves Garlic Minced
2 Cups Half and Half (I bet it would work with 2% milk, but don't hold me to it. If you try it let me know)
1 Cup Freshly Grated Parmesan
1 Cup **Soy Vay Veri Veri** Teriyaki Sauce (Must be this brand. Mmm. So good.)

Heat olive oil in a medium skillet and cook chicken breast pieces until browned and cooked through. Add veggies and $\frac{1}{4}$ cup of water and cook 5 minutes more on medium. Set aside.

In a medium stockpot melt butter with garlic over medium heat. Add flour and whisk constantly for two minutes, but do not let the flour brown. Like you would a roux for an alfredo sauce. Slowly whisk in milk and bring slowly to a boil while stirring constantly. This mixture will thicken up after about 5 minutes of cooking. Once thick, slowly whisk in parmesan and teriyaki sauce. Let cook for two minutes more while stirring and pour over cooked chicken and veggies in the skillet. (this was a test run and I used different veggies).

Set heat to low and stir until warmed through. No need to season, there should be plenty of salt from the sauce. Serve over fettuccini.

By www.cordonpink.com