

# Italian cuisine

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I have always had a passion for Italian food. It has been my favorite since I was a little girl. Spaghetti, lasagna, fettuccini alfredo, pizza and cheese ravioli are excellent choices of Italian foods. Out of all of the many choices of Italian cuisine chicken alfredo is my favorite. Going to a restaurant every time I crave chicken alfredo can be expensive so I have learned how to make this delicious meal on my own. It is also a very quick dish to make with little prep time. Here are some steps that you can use to cook chicken alfredo.

The first thing that you should do before you start cooking is to make sure you have all of your ingredients. In order to make chicken alfredo you would need a choice of alfredo sauce. I recommend Bertolli. You can choose from classic, four cheese, mushroom, and garlic alfredo. I use two jars of alfredo sauce. You will also need one to two pounds of chicken breasts, two cups of broccoli with no stems, and a tomato. To bring taste to your food you will need Italian seasoning, salt, pepper, olive oil and pasta. I use one box of penne but you can select any pasta such as farfalle (bowtie), fettuccine, or linguine.

Once you have gathered all of your ingredients the next thing you should do is gather the appropriate items to cook the food with. A large skillet will be used to cook the chicken, a large pot to boil the pasta, and a strainer to drain the pasta. Now that we are ready to cook the first thing you will need to boil the pasta. Fill the large pot with  $\frac{3}{4}$  of water and then add the pasta.

Place the pot on the isle of the stove and set to boil. It will take fifteen minutes for the pasta to cook. While the pasta is boiling you can start cutting the chicken breast into medium-sized rectangular pieces. After your finished

cutting the chicken you will need to add a tablespoon of olive oil to the skillet and warm to medium-high temp on the stove. Once the pot is at cooking temperature add the chicken to the skillet. Then you will add Italian seasoning, salt, and pepper to the cooking chicken. You can season the chicken to your desired taste. Make sure that the chicken is cooked thoroughly.

Next, you will need to check back on the pasta. Once the pasta is done you will need to drain it using the strainer. After the pasta has been strained put the pasta back into the large pot. Add one tablespoon of olive oil to the pasta. After mixing in the olive oil add the chicken and alfredo sauce then set the stove to medium-low.

Finally, at this point you can then dice the tomato and the broccoli. Add them to the pot and let the chicken alfredo marinate together on low and cook for fifteen minutes. Make sure to cover the pot. After the alfredo is finished cooking it is ready to be served. If you like parmesan cheese like I do you can add it while being served. If you want to make a nice meal out of this you can add side salad and garlic bread along with your chicken alfredo.

Italian food is enjoyable to eat and cook. These are some steps that I use to make my favorite Italian dish. There is no perfect way to make chicken alfredo but you can always create your own way of making it. Another thing that I like about cooking this dish is that it does not take a long time to make. If you are constantly busy and need a quick meal this would be a perfect choice.