

Hazel Family Cajun Chicken Alfredo



Marcus Hazel worked with our production team to turn his story into a video. You can watch it online at www.CETconnect.org/TGARecipe or www.thinktv.org/TGARecipe or in ThinkTV Presents on the PBS Video App. Enjoy!

Cajun Chicken Alfredo

Sauce Ingredients:

- 1 cup- diced zucchini and squash
- 1 cup- sliced mushrooms
- 1 cup- broccoli florets (chopped)
- 1/2 cup- diced bell peppers
- 1/3 cup- diced sun-dried tomato
- 1/2 cup -minced green onions, garlic, and cilantro
- ½ cup- diced tomato
- 16oz- cooked fettuccini (al dente')
- 1 quart- heavy cream
- 12oz – heavily seasoned chicken broth
- 12oz- smoked goulada cheese (shredded)
- 12oz-shredded parmesan

1/3 cup Cajun seasoning, garlic powder, and onion powder

1/4 – olive oil

1/3 cup- all-purpose flour

Instructions:

Heat pan slightly and add olive oil, diced peppers, sliced mushrooms, and broccoli. Cook for about 45 seconds and then add flour to this mixture. Cook all of this for about 4 minutes before adding any other ingredients to the pan (that allows you the rawness of the flour cook out, almost instantly). Heat the chicken broth in a separate pot, and then you will be slowly adding this to the pan. Whisk the broth and flour mixture, stirring constantly, for about one minute. The broth and vegetables should start thickening to the consistency of a thin sauce. After the one minute of stirring, add the sun-dried tomatoes, the Cajun seasoning mixture, and the heavy cream to the pan. Let this mixture simmer until it starts to bubble a little bit (showing that it has heated up slightly).

Now that the sauce has started to form it is time to start finalizing the dish. Let's add the green onion, garlic, and cilantro mixture; as well as the zucchini and squash mixture. Mix thoroughly in the dish, and taste the sauce, because these ingredients are supposed to change the flavor. Now it's time to add the cheese into the sauce. Start by adding the parmesan cheese (melt it completely), and then add the Smoked Gouda cheese: Make sure the cheese has melted completely, before going to the next step. Mix in the pasta, thoroughly. Taste! Add salt and pepper to get your desired flavor. Please! Make this your dish, use ingredients that work for you, and your family.

Fried Chicken Seasoning

Chicken Ingredients:

¼ cup- Cajun Seasoning

¼ cup- Onion Powder

¼ cup- Garlic Powder

2 Tablespoons - Bar-B-Que Seasoning

2 Tablespoons- Dried Oregano

1 Tablespoon- Lemon Pepper

1 Tablespoon- Chicken Seasoning

2 Tablespoons- Montreal seasoning (optional)

Chicken Instructions

Mix these seasonings together and rub it all over the chicken. The chicken can sit marinated for as long as you want it too. Dredge the chicken in flour, and shake off any excess flour. Now you are ready to fry the chicken (I have a whole completely de-boned chicken), I deep fry mine at about 300 to 350 degrees. Just get the chicken good and brown, I usually finish cooking the chicken in the oven at about 350 degrees. Please make sure that your chicken has an internal temperature above 165 degrees. Once the chicken is done cut it up and place it across the top of the pasta dish. Enjoy your meal!!!