



## California Girlfredo



Entire recipe: 298 calories, 11g total fat (2.5g sat. fat), 465mg sodium, 16.5g carbs, 7g fiber, 5g sugars, 33.5g protein

**Prep:** 15 minutes    **Cook:** 15 minutes

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### Ingredients

1 bag [House Foods Tofu Shirataki Fettuccine Shaped Noodle Substitute](#)  
One 4-oz. raw boneless skinless chicken breast cutlet, pounded to 1/2-inch thickness  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1/4 cup chopped onion  
1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)  
1 tbsp. fat-free plain Greek yogurt  
1 tbsp. precooked real crumbled bacon  
1/4 cup seeded and chopped tomato  
1 oz. (about 2 tbsp.) chopped avocado  
Optional seasonings: salt, black pepper

### Directions

Use a strainer to rinse and drain noodles. Thoroughly pat dry. Roughly cut noodles.

Bring a skillet sprayed with nonstick spray to medium heat. Season chicken with 1/8 tsp. each garlic powder and onion powder. Cook for about 4 minutes per side, until cooked through. Transfer to a cutting board.

Remove skillet from heat; clean, if needed. Re-spray, and return to medium heat. Cook and stir onion until partially softened, about 2 minutes.

To the skillet, add noodles and remaining 1/8 tsp. each garlic powder and onion powder. Add cheese wedge, breaking it into pieces. Cook and stir until cheese has melted and coated noodles, about 2 minutes.

Transfer cheesy noodles to a medium bowl, and stir in yogurt. Roughly chop chicken, and add to the bowl. Add bacon and tomato, and stir to mix. Top with avocado.

#### MAKES 1 SERVING

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