

# Tequila Chicken Fettuccine

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*To make this recipe in 30 minutes, prep vegetables ahead so they are ready to cook when needed. This recipe is very colorful when you use three different colors of peppers and add the cilantro to top it off. It's also really delicious. The tequila and lime juice add great flavor.*

4 Tbs	olive oil	2	cloves garlic, minced
1 large	onion, sliced thin	¼ cup	tequila
3	bell peppers (red, yellow, orange or green) sliced thin into 3" pieces	1 cup	chicken stock
1 pound	fettuccine	¾ cup	light cream (1/2 & 1/2)
2	Chicken breasts -- boned and skinned, cut into 1" pieces	2	limes, juiced
1	jalapeno chile, minced	¼ cup	Chopped cilantro

- 1 Bring pasta pot of water to boil.
- 2 Heat 2 Tbs olive oil in large fry pan and saute onions on low until limp. Set aside. Add 1 more Tbs olive oil to pan and fry peppers until they are lightly browned and limp. Set aside in a bowl.
- 3 In the meantime, cook your fettuccine in boiling salted water until al dente. Drain.
- 4 While fettuccine is cooking, saute your chicken in remaining 1 Tbs olive oil for a few minutes on medium heat. Stir in the jalapeno and garlic to the pan and cook an additional 2 minutes. Add tequila to the pan to deglaze. Stir and turn heat up to med high for 3 minutes, loosening up any browned bits in the pan.
- 5 Add chicken stock, onions and peppers and turn heat up to high for 5 minutes. Add cream and reduce liquid for another 5 minutes. Season with salt and pepper to taste.
- 6 Toss fettuccine with half of sauce and the lime juice in large bowl or pan and let it sit for a few minutes before serving up on plates. Add more of sauce to top off the pasta plates and sprinkle fresh cilantro to garnish.

Servings: 6

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Total Time: 30 minutes

## Nutrition Facts

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Nutrition (per serving): 573 calories, 155 calories from fat, 17.5g total fat, 65.4mg cholesterol, 201.3mg sodium, 618.7mg potassium, 66.9g carbohydrates, 4.5g fiber, 4.5g sugar, 30.7g protein.

Recipe Type: Main Dish, Pasta, Poultry

## Source

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