

## Delight Your Taste Buds with Creamy Lemon Chicken Alfredo Tortellini

Get ready to treat yourself to a deliciously creamy and zesty dish with this



**TIME**  
**5-7 min**

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### INGREDIENTS

- 2 cups cheese tortellini
- 2 tablespoons olive oil
- 2 boneless, skinless chicken breasts, diced
- 2 cloves garlic, minced
- 1 cup heavy cream
- ¾ cup grated Parmesan cheese
- Zest of 1 lemon
- Juice of 1 lemon
- 1 cup baby spinach, chopped
- Salt and pepper, to taste
- Fresh parsley, chopped (for garnish)

#### Directions:

**Cook the Tortellini:** Begin by cooking the cheese tortellini according to the package instructions.

Once cooked, drain and set aside.

**Sauté the Chicken:** In a large skillet, heat the olive oil over medium heat. Add the diced chicken and cook until browned and cooked through, about 5-7 minutes.

**Add Garlic:** Once the chicken is cooked, add the minced garlic to the skillet and sauté for 1-2 minutes, until fragrant.

**Make the Alfredo Sauce:** Pour in the heavy cream and bring the mixture to a simmer. Reduce the heat and stir in the grated Parmesan cheese until the sauce is smooth and creamy.

**Incorporate Lemon:** Add the lemon zest and lemon

juice to the sauce, stirring to combine. Season with salt and pepper to taste.

**Combine with Tortellini and Spinach:** Add the cooked tortellini and chopped spinach to the skillet, tossing everything together to coat in the creamy sauce. Cook for an additional 2-3 minutes, until the spinach is wilted and the tortellini is heated through.

**Garnish and Serve:** Remove from heat and garnish with fresh parsley before serving. Enjoy your delightful meal!

**Nutritional Information (per serving, based on 4 servings):**

Calories: 450 kcal

Protein: 25g

Fat: 30g

Carbohydrates: 30g

Fiber: 2g

Sugar: 2g

Sodium: 600mg

**Helpful Cooking Tips:**

**Chicken Variations:** You can substitute the chicken with shrimp or even grilled vegetables for a different twist on this dish.

**Make It Lighter:** For a lighter version, consider using half-and-half instead of heavy cream and reducing the amount of cheese.

**Add More Veggies:** Feel free to add other vegetables like cherry tomatoes or bell peppers for extra flavor and nutrition.

**Conclusion:**

## DIRECTIONS

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2. **SautØ the Chicken:** In a large skillet, heat the olive oil over medium heat. Add the diced chicken and cook until browned and cooked through, about 5-7 minutes.
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17. Add : More Veggies: Feel free to add other vegetables like cherry tomatoes or bell peppers for extra flavor and nutrition.
18. Conclusion: This Creamy Lemon Chicken Alfredo Tortellini Delight is a perfect blend of creamy, zesty, and savory flavors that will leave you and your guests wanting more. It's quick to prepare and makes for a satisfying meal any night of the week. We hope you enjoy making and savoring this delicious dish! Let us know how it turned out, and don't forget to follow us for more delightful recipes!

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/delight-your-taste-buds-with-creamy-lemon-chicken-alfredo-tortellini/>