

# Super Healthy Chicken Fettuccine – THM E

Ahhh, pasta! There is nothing quite as comforting as a bowl of pasta. Especially when it is smothered in a creamy sauce. However, there is nothing quite so detrimental to your hips as a big bowl of pasta covered in creamy sauce. What's a girl to do? If you are following the Trim Healthy Mama way of eating you know that traditional pasta is just a blood sugar spike waiting to happen. There is always Dreamfields pasta but that is not good to have all the time either.

Enter Mung Bean Fettuccine!



This slightly strange looking noodle is a wonderful E alternative. Okay, I know, I know, it is GREEN! But you've probably had green pasta before, you know those green, orange, red and yellow noodles that people put in pasta salad thinking it is healthier than regular pasta... Well mung bean noodles ARE healthier than regular pasta! Like tons better!

First of all let's talk about how to read the label. This product is not a US product so it does not have a US label. In fact, the bags I have have TWO labels and neither is a

standard US label. So, the main thing you have to know is this: The total carb count listed on the label is the NET carb count. On this package one label says 17g carbs and the other says 15g carbs (the difference is because one lists a serving as 56g of dry pasta and the other lists a serving as 50g). That is the amount of countable carbs in the pasta. The label lists 11g of fiber (which is true) but you cannot subtract that total from the carb count. It has already been done. Got it? Okay, moving on....

Now let's talk protein, these noodles have 22g of protein in the noodles alone!!!! Talk about a nutritional power house. And on top of that they taste good!! So, how do you use these strange looking noodles? We've established they are an E, and E meals and creamy sauces just don't go together, do they? Well, I say they do. ☐



### Mung Bean Chicken Fettuccine – THM E

- 50-100g (2-4oz) dry Mung Bean Fettuccine (The low end puts you at about 20 net carbs leaving room for another carb source. The high end maxes out the carb limit for a meal for when you just want a big bowl of pasta!)
- Cooked chicken breast, cubed (as much or as little as you want, just be sure it is not cooked in oil.)

Remember, the noodles have lots of protein, so if you want to skip the chicken you can.)

- 1 Light Laughing Cow Swiss wedge
- 1 TBS Parmesan cheese
- 2 TBS (or more) of almond milk
- 2 tsp nutritional yeast
- Salt and pepper to taste
- Small sprinkle of nutmeg (optional)
- 1/8-1/4 tsp glucomannan or xanthan gum (optional)

Boil Mung Bean noodles according to package directions.

While noodles are boiling put Laughing Cow, Parmesan, almond milk, nutritional yeast, salt, pepper and nutmeg (if using) in saucepan over medium heat. Whisk until cheese is fully melted and sauce is smooth.

{I suggest starting with only 2 TBS of almond milk. I find this amount to be plenty to cover one serving, 50g, of pasta and it keeps the sauce thicker. However, if you are making more pasta or you like more sauce, you should add more almond milk to make up the amount you need. The glucomannan will help thicken it up.}

Once the sauce is smooth, if you need it to be thicker add in the optional glucomannan, 1/8 tsp at a time, whisking the whole time to prevent it from clumping. Stir chopped chicken into sauce.

Drain pasta and combine with sauce. This recipe is for a single serving. Feel free to multiply it for more people.

Enjoy!

