



One Pot Sausage Alfredo

1 pound chicken, cut into bite-sized pieces
 1/2 teaspoon kosher salt
 freshly ground black pepper to taste
 4 tablespoons extra-virgin olive oil
 14 ounces smoked sausage, sliced on the diagonal
 4 cloves garlic, minced
 2 cups low-sodium chicken broth
 1 1/4 cups heavy cream
 2 cups dried penne pasta
 1 1/2 tablespoons Cajun seasoning, plus more to taste
 1/2 cup freshly shredded Parmesan cheese
 1 tablespoon minced Italian flat-leaf parsley

Instructions:

Season chicken with salt and pepper. Heat olive oil in a large, covered cooking pot over medium-high heat. Brown chicken in the hot oil, 5 to 7 minutes.

Add sausage to the pot and continue to cook until lightly browned, about 5 minutes more. Stir in garlic and cook for about 2 minutes. Add chicken broth, heavy cream, pasta, and Cajun seasoning. Stir together and bring to a simmer over medium-high heat, about 5 minutes.

Reduce heat to low, cover the pot, and cook until pasta is tender, 15 to 20 minutes.

Remove the pot from heat and stir in Parmesan cheese. Stir in chopped parsley and sprinkle with additional Cajun seasoning if desired.

Nutritional Information

Serving Size: 6 servings • Calories: 723
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Lemon Berry Trifle

2 cups heavy whipping cream
 2 cups milk
 2 (3.4 ounce) packages instant lemon pudding mix
 2 tablespoons lemon juice
 2 cups heavy whipping cream
 3/4 cup confectioners' sugar
 1 dash vanilla extract
 1 (9 inch) angel food cake, cubed
 3 cups sliced fresh strawberries
 2 cups fresh blueberries

Instructions:

Stir 2 cups whipping cream, milk, lemon pudding mixes, and lemon juice in a large bowl until

Beat remaining 2 cups whipping cream in a bowl until foamy. Gradually add confectioners' sugar and vanilla extract, continuing to beat until stiff peaks form. Lift your beater or whisk straight up: the whipped cream will form sharp peaks.

Layer half the angel food cake in a trifle bowl. Top with half the lemon pudding mixture, half the strawberries and half the blueberries. Spread half the whipped cream over the berries. Repeat the layers. Cover and refrigerate until ready to serve.

Nutritional Information

Serving Size: 20 servings • Calories: 291
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