



## **Cajun Alfredo**

### **Ingredients**

1/2 lbs Chicken

1 T Cajun Seasoning

2 t Oil

1 Cup Green Pepper (sliced and halved)

1 Cup Red Pepper (sliced and halved)

1 Onions cut and diced

1/2 lbs Smoked Sausage (sliced and halved) or Cooked sausage cut into bite sized pieces

10 oz Rich Whip's Non Dairy Creamer

1/4 C Soy or Rice Milk

2 Cup GF Penne Pasta

### **Directions**

- 1) Boil pasta.
- 2) Toss chicken in seasoning in bag. Then brown with veggies in skillet for 6 to 7 minutes.
- 3) Add sausage for 3 minutes.
- 4) Add non dairy creamer, soy or rice milk, pasta, and seasoning for 2 to 3 minutes or until cream thickens.

<http://www.lincolntent.com/GFCF-Poultry.html>