

Clean Chicken Carbonara



ingredients

- • 2 boneless skinless chicken breasts, halved horizontally to make 4 filets
- • 1 tbsp olive oil
- • 8 ounces turkey bacon (organic, non-cured, no sugar added)
- • 1 small onion, chopped
- • 3 cloves garlic, minced
- • 1 1/2 cup almond milk (or coconut milk)
- • 1/4 cup nutritional yeast
- • 1/4 cup non-dairy mozzarella cheese
- • 1/2 tsp arrowroot powder mixed in 2 tsp water

instructions

- Heat oil and sear chicken both sides, 4-5 minutes each side. Remove from pan and set aside. Chop and fry bacon in pan.
- Add onion and garlic, and you'll probably need another splash of oil, since turkey is naturally so lean.
- Reduce to low heat and add almond milk.
- Add nutritional yeast and non-dairy mozzarella and stir until smooth. If the sauce seems too thin, stir in the arrowroot-water mixture and blend thoroughly.
- Add chicken back to pan in sauce.
- Serve over brown rice pasta, brown rice, or your favorite grilled veggies.

