Script for Health Video

2 lbs boneless chicken breasts  
4 tablespoons oil  
1/4 cup butter  
1/2 cup Parmesan cheese, grated  
3/4 cup heavy cream  
salt and pepper, to taste  
1 lb fettuccine

Heat some oil in a 10 inch skillet. Cut chicken breast into strips. Add salt and pepper. Fry on medium heat until cooked through. ***Sauce:*** Melt butter in saucepan; add cream and cheese. Cook over low heat, stirring constantly. Do not boil. Cook fettuccine in 3 quarts boiling water. Mix chicken and Alfredo sauce together. Drain noodles. Put sauce and chicken over noodles. Makes six servings.

http://www.cooks.com/rec/view/0,1726,134176-240197,00.html