



CAJUN CHICKEN PASTA

SERVING SIZE: 4 | COOKING TIME: 30 MINUTES | CONTAINS MILK, WHEAT

INGREDIENTS.....

2 Tablespoons (Tbsp) olive oil
 1 pound (lb) boneless, skinless chicken breast, cut into pieces
 2½ teaspoons (tsp) Cajun seasoning
 2 green bell peppers, cut into small pieces
 1 small, yellow onion, thinly sliced
 2 cloves garlic, minced or cut into tiny pieces
 12 oz. whole grain penne
 4 cups low-sodium chicken broth
 1 (14.5 oz.) can diced tomatoes
 6 oz. cream cheese, room temperature, cut into cubes
 1½ teaspoons (tsp) kosher salt
 4 scallions for serving, sliced

WHAT ELSE YOU'LL NEED

- Cutting board and knife
- Large, wide pot
- Cooking utensils
(spatula, wooden spoon, or similar)

DIRECTIONS.....

1. Heat 2 Tbsp olive oil in a large, wide pot over medium-high heat. Add the chicken and Cajun seasoning.
2. Cook, stirring occasionally, until the chicken just starts to change color and the spices are toasted – about 2 minutes.
3. Add peppers and onions to the chicken. Cook until they just begin to release some of their juices – about 3-4 minutes.
4. Stir garlic into the mix and cook until softened – about 1 minute.
5. Add pasta, chicken broth and tomatoes to the mix.
6. Continue to cook as broth begins to boil, stirring occasionally – about 15 minutes.
7. The sauce will thicken and reduce by about half, and the pasta will be almost done.
8. Remove the large pot from heat. Add the cream cheese and 1½ tsp kosher salt to the pot.
9. Stir until the cream cheese has melted and is combined with other ingredients. Don't worry if the sauce looks runny. The sauce will thicken as it sits.
10. Top with sliced scallions.

