

Chicken and Broccoli Pasta Dijon

Recipe Cookbook: Fabulous Food Associations

Chapter: National Pasta Association

Prep Time: 10 minutes

Cooking Time: 30 minutes

INGREDIENTS:

1 lb ziti, uncooked (or any other medium pasta shape)
8 oz boneless skinless chicken breasts, cut into 1" pieces
1/2 tsp salt
1/4 tsp fresh ground black pepper
2 cloves garlic, minced
2 tsp Crisco vegetable oil
3 C broccoli florets
1 large red bell pepper, cut into short thin strips
1/2 C low sodium chicken broth
1 12-ounce can evaporated skim milk
1 TBS cornstarch
3 TBS Dijon mustard

DIRECTIONS:

Prepare pasta as per package directions. While pasta is cooking, toss chicken with salt, pepper & garlic. Coat a large non-stick skillet with cooking spray; place over medium-high heat till hot. Add chicken mixture; stir-fry 4-5 minutes or till chicken is cooked through. Remove chicken from skillet - place in medium bowl.

Add broccoli, red pepper & chicken broth to skillet. Cover; simmer over medium heat 5-6 minutes or till veggies are tender-crisp. Transfer to bowl with chicken. In a small bowl, combine 1/4 C of the milk with cornstarch, mixing till smooth. Add to skillet with remaining milk; bring to boil, stirring constantly. Reduce heat; stir in mustard. Stir in reserved chicken mixture.

When pasta is done, drain well. Toss with chicken mixture. Serve immediately with additional freshly ground pepper, if desired.

Serves: 4