

## **Zingy Lemon Chicken Pasta**

Recipe Cookbook: Fabulous Food Associations

Chapter: National Pasta Association

Prep Time: 10 minutes

Cooking Time: 40 minutes

### **INGREDIENTS:**

8 oz elbow macaroni, uncooked (or other medium pasta shape)  
4 chicken breast halves (about 1 1/4-lb), boned/skinned/cut into 1" pieces  
5 green onions, sliced  
1 clove garlic, minced  
1 TBS butter  
1/4 C all-purpose flour  
1/4 tsp salt  
1/8 tsp fresh ground black pepper  
1/8 tsp cayenne pepper  
1 1/3 C canned chicken broth  
2/3 C skim milk  
2 tsp prepared mustard  
1/4 C fresh lemon juice  
1/4 C chopped almonds (for topping)  
2 TBS chopped chives, or scallions (for topping)

### **DIRECTIONS:**

Preheat oven to 375°F. Prepare pasta according to package directions; drain. Heat butter or margarine & oil in skillet. Add chicken pieces, green onions & garlic - sauté till chicken is just firm & cooked through (about 10 minutes). Toss with cooked pasta & set aside.

*Combine flour, salt, pepper & cayenne in a saucepan; gradually add chicken broth & skim milk, stirring with a wire whisk till smooth. Cook over medium heat, stirring constantly, till thickened. Add mustard & lemon juice. Let cool.*

Add sauce to chicken-pasta mixture. Put into a 2 1/2-quart casserole dish. Sprinkle almonds & chopped chives over & bake at 375° F till heated through (10 minutes).

Serves: 4