

Cajun Chicken Pasta

Ingredients

- 9-5/8 oz cooked fajita seasoned chicken strips
- 3/4 cup italian cheese sauce
- 7-5/8 tsp milk, 1% fat
- 11-1/2 tsp onion, chopped
- 11-1/2 tsp green bell pepper, chopped
- 1/3 tsp tomato, chopped
- 1/4 tsp paprika
- 3/4 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp onion powder
- 1/4 tsp cayenne pepper
- 1/2 tsp oregano, dry leaves
- 1/2 tsp thyme, dry leaves
- 8-1/3 oz multi-grain penne pasta

Notes

Number of Portions: 4

Serving Size: 1 cup

Nutrition Facts: 389 calories, 9.26 g fat, 4.87 g saturated fat, 726 mg sodium, 50.04 g carbohydrate, 2.5 g fiber, 3.1 g sugar, 25.45 g protein

Directions

1. Place chicken, cheese, milk, onion, peppers, tomatoes, and spices in 12 x 20 inch pan. Stir to combine. Cover with foil and place in 350°F oven for 30 minutes.
2. Cook pasta according to package instructions. Drain and set aside.
3. Remove chicken mixture from oven and stir. Return to oven for an additional 10 minutes. Ensure that the internal temperature has reached 165°F.
4. Mix chicken mixture and pasta together.

