

Buffalo Chicken Pasta

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Adapted from Pinterest

Serves 6

Blue – 8 points

Purple- 5 points (if you use whole wheat pasta)

Green – 10 points

- 1 pound cooked, shredded chicken breasts
- 8 oz light cream cheese (cubed)
- 1/3 cup buffalo sauce
- 1/2 cup chicken broth
- 1 tsp paprika
- 1 tsp garlic powder
- 1/2 tsp black pepper
- 1/2 tsp kosher salt
- 1/2 cup blue cheese dressing
- 10 oz uncooked penne pasta

1. Heat a large skillet over medium heat.
2. Add the cream cheese, buffalo sauce and chicken broth.
3. Whisk until creamy.
4. Add the paprika, garlic powder, black pepper, salt and stir to combine
5. Add the blue cheese dressing and stir to combine.
6. Add the shredded chicken.

7. Allow the sauce to simmer for 10 minutes over low heat.
8. While the sauce is simmering, bring a large pot of water to boil on the stove. Add the penne pasta and cook according to package directions.
9. Drain the pasta then add it to the cheesy buffalo chicken sauce and stir to combine.