

Cajun Chicken Pasta

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Serves 4 – each serving is about 1 3/4 cups

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:620ed79c0dd60908168edb39>

- 1 1/2 cups uncooked whole wheat penne pasta
- 1 pound boneless, skinless chicken breasts, cut into 1 inch pieces
- 3 tsp cajun seasoning, divided
- 3 tsp olive oil, divided
- 1 medium green pepper, julienned
- 1 medium red pepper, julienned
- 1 medium onion, halved and sliced
- 3 cloves garlic, minced
- 2 medium tomatoes, chopped
- 1 cup fat free half and half, divided
- 2 Tbsp cornstarch

1. Cook pasta according to package directions.
2. Meanwhile, toss chicken with 2 teaspoons of Cajun seasoning.
3. In a large skillet, heat 2 tsp of olive oil. Cook chicken until fully cooked. Remove and keep warm

4. In the same skillet, saute peppers and onion in remaining 1 tsp of oil for 1 minute. Add garlic. Saute 1 minute longer. Add tomatoes; saute 2 minutes longer. Stir in 3/4 cup half and half.
5. Bring to a boil. Combine cornstarch with remaining Cajun seasoning and remaining half and half until smooth; gradually stir into skillet. Cook for 1-2 minutes or until thickened. Return chicken to the pan, heat through. Drain pasta; toss with chicken mixture

Main Course

Cajun, Chicken, pasta

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