## Cajun Chicken Pasta

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Serves  $4 - \text{each serving is about } 1 \frac{3}{4} \text{ cups}$ 

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:620ed79c0d
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- 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.
- 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 Cajun, chicken, pasta