

# Chicken Asparagus and Mushroom Penne

## Chicken Asparagus Mushrooms and Penne



Serves 4

Blue – 7

Purple – 4 if you use whole wheat pasta

Green – 8

- 1 pound chicken, cut into bite size pieces
- salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder or granulated garlic
- black pepper
- 1/2 cup flour, divided
- 10 oz crimini mushrooms, sliced
- 2 Tbsp light butter
- 4 cloves garlic, minced
- 2 cups chicken stock
- 2 Tbsp Dijon mustard
- 1 tsp Italian seasonings
- 3/4 cup half and half
- 1/2 pound thin asparagus, trimmed and cut into bite sized pieces
- 1/4 cup julienned sun dried tomatoes

- 6 ounces Ronzoni 150 penne pasta, cooked and drained. If using a different pasta, recalculate points
- 1 Tbsp chopped fresh parsley for garnish, optional

1. In a large bowl, place chicken pieces and add in about 1/2 tsp salt, onion powder, garlic powder and 1/4 tsp pepper. Add in 1/4 cup flour. Toss together to make sure all the chicken is coated.
2. Spray a large, heavy bottom pan or Dutch oven with non stick spray. Heat over medium high. Add about 1/2 the chicken pieces and cook until brown and done – about 6 minutes. Remove and repeat with the remaining chicken.
3. In the same pan, add the butter and let melt. Add the mushrooms and sprinkle with salt and pepper, then saute for several minutes until golden brown and cooked through. Remove from pan with a slotted spoon.
4. Add the garlic to the pan and cook about 30 seconds. Sprinkle the flour in the pan and stir to create a roux.
5. Cook for about 30 seconds to 1 minute, stirring constantly.
6. Add in the chicken broth slowly, whisking the entire time.
7. Simmer the sauce very gently and allow to thicken up a bit
8. Whisk in the Dijon mustard, Italian seasoning and the half and half.
9. Add in the asparagus pieces and very gently simmer in the sauce for a few minutes until they are tender-crisp. Taste the sauce and add salt and pepper as needed.
10. Add the chicken and mushrooms back to the pan, add the

sun dried tomatoes and allow the sauce to simmer for another few minutes. Add in the cooked penne pasta. Toss together so everything is well coated. Serve hot. Garnish with chopped parsley