

Chicken Fajita Pasta

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Serves 4, 7 FSP per serving

**Adapted from kevinandamanda.com

- 2 tsp olive oil
- 1 pound raw boneless, skinless chicken bre
- 1 envelope taco or fajita seasoning mix (**or homemade - see below)
- 1 medium onion (chopped)
- 2 cups bell peppers (diced)
- 3-4 cloves garlic (minced)
- 2 cups low sodium chicken broth
- 1/2 cup fat free half and half
- 1 can diced tomatoes with green chilies
- 8 oz Barilla Protein Plus Pasta
- 1/4 tsp salt

1. Cut chicken into bite size pieces. Season with half of the taco seasoning. In a 12 inch skillet, heat 1 tsp olive oil over high heat. When the oil is very hot, carefully add the chicken in a single layer and cook without stirring until one side is seared and browned, about 1-2 minutes. Flip the chicken to the other side and cook until browned. Remove the chicken to a plate and set aside
2. Add the remaining 1 tsp olive oil to the skillet with the heat still on high. When the oil is very hot again, add the onions, bell peppers, and remaining taco seasoning. Cook, stirring occasionally, until the

veggies are slightly blackened. Turn heat to low, add minced garlic and stir until fragrant and well combined, about 30 seconds. Remove veggies to the plate with the chicken.

3. In the same skillet, add the broth, half and half, diced tomatoes, uncooked pasta, and salt. Stir to combine and bring to a boil, then cover, reduce heat to medium-low and cook for 15 minutes until pasta is tender and liquid is mostly absorbed. Add the chicken and veggies back into the skillet and stir to combine until heated through, about 2 minutes. Serve with garlic bread.

Homemade taco seasoning....this stuff is awesome! (adapted from Picky Palate)

1/4 cup ground cumin

1/4 cup kosher salt

2 Tbsp garlic powder

2 Tbsp ground black pepper

2 Tbsp SMOKED paprika

Mix all ingredients. Place in an airtight container. Use about 3 Tbsp per 1 pound of meat.