

Cheesy Chicken Pasta

WebMD Recipe from EatingWell.com

This ooey-goey pasta dish is a crowd-pleaser for adults and kids alike—think rich and creamy macaroni-and-cheese tossed with cauliflower and chicken. Serve with a spinach salad.

Servings: 6

Yield: 6 servings, about 1 1/3 cups each

Total Time: 35 minutes

Prep Time: 35 minutes

Recipe Ingredients:

1. 8 ounces whole-wheat penne
2. 2 cups 1/2-inch cauliflower florets
3. 1 tablespoon extra-virgin olive oil
4. 1/2 cup finely chopped onion
5. 1/2 cup dry white wine
6. 3 cups low-fat milk
7. 3 tablespoons all-purpose flour
8. 3/4 teaspoon salt
9. 1/2 teaspoon freshly ground pepper
10. 1 cup shredded Gruyère or Swiss cheese
11. 3 cups shredded cooked chicken or turkey (12 ounces; see Tip)
12. 1 teaspoon Dijon mustard
13. 2 tablespoons chopped fresh chives or scallion greens



Photo by Ken Burris

Recipe Steps:

1. Bring a large pot of water to a boil. Add pasta and cook for 5 minutes. Add cauliflower florets and cook until the pasta and florets are tender, about 4 minutes more. Drain, rinse and return to the pot.
2. Meanwhile, heat oil in a large saucepan over medium heat. Add onion and cook, stirring, until tender, 2 to 3 minutes. Add wine and cook until reduced slightly, about 1 minute. Whisk milk, flour, salt and pepper together in a medium bowl and add to the pan. Bring to a boil over medium-high heat, stirring frequently. Cook, stirring, until thickened, about 1 minute. Reduce heat to low and stir in cheese until smooth. Stir chicken (or turkey) and mustard into the cheese sauce; cook until heated through, about 2 minutes.
3. Stir the sauce into the drained pasta and cauliflower. Serve sprinkled with chives (or scallion greens).

Recipe Tips & Notes:

1. Tip: To poach chicken breasts, place boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat to low and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 12 minutes.

Recipe Nutrition:

Per serving: 433 calories; 13 g fat (5 g saturated fat, 5 g mono unsaturated fat); 75 mg cholesterol; 42 g carbohydrates; 34 g protein; 5 g fiber; 491 mg sodium; 483 mg potassium

Nutrition Bonus: Vitamin C (38% daily value), Calcium (35% dv), Potassium (20% dv).

2 1/2 Carbohydrate Servings

Exchanges: 2 starch, 1 vegetable, 1/2 low-fat milk, 3 lean meat

Special Health Consideration(s):

High Calcium – High Fiber

[See More Nutrition Guidelines](#)

<http://www.webmd.com/food-recipes/cheesy-chicken-pasta>