



HIGH FIVE RECIPES

Chicken and Penne in Cream

Serves 5. Prep time: 10 minutes active; 20 minutes total.

The High Five

3 cups chopped, cooked chicken
1 pound penne pasta
1 cup frozen peas
½ cup heavy cream
¾ cup shredded Parmesan cheese

Pantry and Kitchen Items

Salt and pepper

Preparation

Boil a large pot of salted water for the penne. Cook the pasta according to package directions. During the last 5 minutes, add the frozen peas. Drain well.

In the pot you cooked the pasta in, or in a large sauté pan, pour in the cream and turn the heat to medium-high. Add the chicken and stir as the cream starts to bubble, then add the drained pasta. Stir and toss over the heat until the pasta is coated and the cream is becoming thick, about 2 minutes.

Add ½ cup of the Parmesan and keep tossing over the heat to melt. Add salt and pepper to taste. Serve warm with the remaining Parmesan sprinkled over the pasta.

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Ingredient checklist

GROCERY

Pasta

MEAT/SEAFOOD

Cooked chicken

REFRIGERATED/DAIRY

Heavy cream

Parmesan

FROZEN

Peas

SPICES/SEASONINGS

Salt

Pepper

Serving suggestion

Perfect for a casual weeknight dinner, you can also dress this recipe up for company by serving with a crisp green salad and fresh bread.

Nutritional information per serving

530 calories

16 g. fat

160 mg. cholesterol

550 mg. sodium

54 g. carbohydrate

1 g. fiber

39 g. protein

The nutritional values and information provided are approximations.

