



Creamy Chicken Pasta

READY IN



30 min.

SERVINGS



6

CALORIES



351 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 teaspoon pepper black divided
- ☐ 1 cup chicken stock see unsalted divided (such as Swanson)
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup parsley fresh divided chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 teaspoon garlic fresh minced
- ☐ 0.5 cup half and half
- ☐ 0.8 teaspoon kosher salt divided

- ☐ 0.3 cup mascarpone cheese
- ☐ 8 ounces mushrooms wild chopped
- ☐ 0.5 cup onion chopped
- ☐ 9 ounces orecchiette uncooked
- ☐ 3 tablespoons red wine vinegar
- ☐ 12 ounces chicken breast boneless skinless cut into bite-sized pieces

Equipment

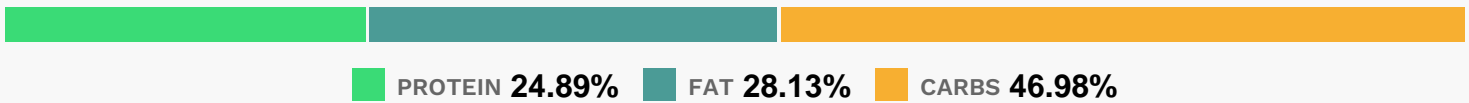
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ dutch oven

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Heat a Dutch oven over medium-high heat; coat with cooking spray.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add chicken to pan; saut 4 minutes, turning to brown on all sides.
- ☐ Combine 1/4 cup stock and flour.
- ☐ Add flour mixture, 3/4 cup stock, and half-and-half to pan; bring to a boil. Cook 2 minutes.
- ☐ Remove from heat; stir in 1/4 teaspoon salt, 1/4 teaspoon pepper, mascarpone, and 2 tablespoons parsley.
- ☐ Heat a skillet over medium heat; coat with cooking spray.
- ☐ Add onion and garlic; cook 5 minutes.
- ☐ Add thyme and mushrooms; cook 8 minutes. Stir in 1/4 teaspoon salt, 1/4 teaspoon pepper, vinegar, and mustard; cook 30 seconds.
- ☐ Add pasta and chicken mixture; toss.
- ☐ Sprinkle with 2 tablespoons parsley.

- ☐ If you like butternut squash, try Butternut Squash and Chicken Pasta: Prepare CreamyChicken Pasta through step 2, substituting 8 ounces cavatappi pasta for orecchiette, and omitting flour and half-and-half. Preheat oven to 45
- ☐ Combine 4 cups peeled (1-inch) cubed butternut squash, 1 1/2 cups (1-inch-thick) slices shallots, 3 thinly sliced garlic cloves, and 2 (5-ounce) packages shiitake mushroom caps, sliced.
- ☐ Drizzle vegetable mixture with 1 tablespoon olive oil; toss.
- ☐ Transfer squash mixture to a small roasting pan; sprinkle with 1/4 teaspoon kosher salt and 1/4 teaspoon freshly ground black pepper.
- ☐ Bake at 450 for 20 minutes or until vegetables are just tender.
- ☐ Add vegetable mixture to pasta mixture; cook 1 minute or until thoroughly heated.
- ☐ Sprinkle with 1 1/2 tablespoons chopped fresh chives, 1/4 teaspoon kosher salt, and 1/4 teaspoon freshly ground black pepper.
- ☐ Serves 6 (serving size: about 1 1/2 cups) Calories 416; Fat 2g (sat 1g); Sodium 354mg
- ☐ If you like mascarpone, try Chicken Caesar Pasta Salad: Prepare Creamy Chicken Pasta through step 2, substituting 6 ounces farfalle for orecchiette, adding 8 cups torn Swiss chard to pasta during last 2 minutes of cooking, omitting half-and-half, and reducing flour to 1 1/2 tablespoons. Preheat the oven to 45
- ☐ Combine 3/4 cup toasted fresh breadcrumbs, 1 1/2 tablespoons chopped fresh parsley, 4 teaspoons minced fresh garlic, 1/2 teaspoon grated lemon rind, and 3 finely chopped drained canned anchovies.
- ☐ Combine 2 cups halved cherry tomatoes, 1 cup thinly sliced shallots, and 1 tablespoon olive oil.
- ☐ Bake at 450 for 15 minutes.
- ☐ Combine the pasta, tomato mixture, and chicken mixture, and cook for 1 minute. Spoon about 1 cup pasta into each of 6 bowls; sprinkle evenly with breadcrumbs.
- ☐ Serves 6 Calories 364; Fat 6g (sat 9g); Sodium 446mg

Nutrition Facts



Properties

Glycemic Index:57.83, Glycemic Load:15.06, Inflammation Score:-7, Nutrition Score:17.069999974707%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 351.04kcal (17.55%), Fat: 10.81g (16.63%), Saturated Fat: 5.5g (34.4%), Carbohydrates: 40.61g (13.54%), Net Carbohydrates: 37.79g (13.74%), Sugar: 4.11g (4.56%), Cholesterol: 57.05mg (19.02%), Sodium: 446.12mg (19.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.52g (43.04%), Selenium: 49.84µg (71.2%), Vitamin B3: 8.97mg (44.83%), Vitamin K: 41.98µg (39.98%), Vitamin B6: 0.66mg (32.9%), Manganese: 0.58mg (28.79%), Phosphorus: 282.31mg (28.23%), Vitamin B5: 1.66mg (16.63%), Potassium: 535.1mg (15.29%), Vitamin B2: 0.26mg (15.21%), Magnesium: 53.18mg (13.3%), Copper: 0.24mg (11.79%), Fiber: 2.82g (11.28%), Zinc: 1.54mg (10.27%), Vitamin A: 493.01IU (9.86%), Vitamin B1: 0.13mg (8.69%), Iron: 1.44mg (8.02%), Vitamin C: 5.98mg (7.25%), Folate: 28.59µg (7.15%), Calcium: 63.95mg (6.39%), Vitamin B12: 0.15µg (2.53%), Vitamin E: 0.24mg (1.63%), Vitamin D: 0.21µg (1.39%)