



Creamy Dijon Chicken and Thyme Pasta Bake

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 pound asparagus fresh ends trimmed
- 0.3 teaspoon pepper black freshly ground
- 2 medium chicken breast shredded cooked
- 3 tablespoons dijon mustard
- 1 pound elbow pasta dry
- 2 tablespoons olive oil extra virgin
- 0.3 cup parsley fresh chopped
- 2 tablespoons thyme leaves fresh finely chopped

- 2 tablespoons garlic fresh minced
- 0.3 teaspoon kosher salt
- 4 tablespoons parmesan cheese freshly grated
- 1 cup bell pepper diced red finely
- 4 cups water
- 1 cup onion diced white finely
- 2 cups zucchini chopped
- 1 cup shirley j whisk bliss original
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Equipment

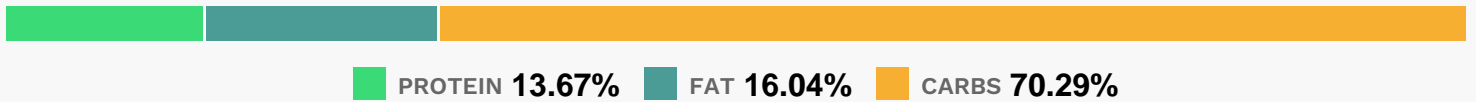
- frying pan
- baking sheet
- oven
- whisk
- baking pan
- dutch oven

Directions

- Preheat oven to 350 degrees F. and lightly spray a 9×13 inch baking dish with non-stick cooking spray.
- Place trimmed asparagus onto a silpat or parchment lined baking sheet.
- Bake for 10 minutes then remove from oven. Once cooled, chop into 1 inch pieces. Cook pasta according to package directions, drain under cold water then transfer to a 5 quart dutch oven or large pot.
- Heat olive oil into a large 3 quart skillet over medium heat.
- Add zucchini, red pepper, onion, and garlic. Cook and stir for 5 minutes until slightly softened.
- Add parsley and thyme, stirring to combine.
- Add chopped asparagus and stir.

- Add shredded chicken and season with salt and pepper. Boil water and whisk in Shirley J
- Whisk Bliss. Stir and bring back to a boil until thick and creamy. Reduce heat to low and stir in Dijon mustard.
- Pour Dijon sauce over cooked pasta then add in cooked vegetables. Stir to combine then transfer to prepared baking dish. Top evenly with Parmesan Cheese and bake for 25 minutes until slightly golden.
- Remove from oven and serve.

Nutrition Facts



Properties

Glycemic Index: 34.63, Glycemic Load: 1.22, Inflammation Score: -10, Nutrition Score: 16.096521797873%

Flavonoids

Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 2.62mg, Isorhamnetin: 2.62mg, Isorhamnetin: 2.62mg, Isorhamnetin: 2.62mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

Nutrients (% of daily need)

Calories: 276.61kcal (13.83%), Fat: 4.97g (7.64%), Saturated Fat: 0.81g (5.04%), Carbohydrates: 49g (16.33%), Net Carbohydrates: 44.94g (16.34%), Sugar: 4.57g (5.08%), Cholesterol: 0.62mg (0.21%), Sodium: 159.02mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.07%), Selenium: 39.1µg (55.86%), Vitamin C: 38.4mg (46.54%), Vitamin K: 47.26µg (45.01%), Manganese: 0.76mg (38.24%), Vitamin A: 1109.91IU (22.2%), Fiber: 4.06g (16.23%), Phosphorus: 160.15mg (16.02%), Copper: 0.29mg (14.38%), Vitamin B6: 0.27mg (13.66%), Magnesium: 52.29mg (13.07%), Folate: 48.9µg (12.22%), Iron: 2.16mg (11.98%), Potassium: 372.99mg (10.66%), Vitamin B1: 0.14mg (9.48%), Vitamin B3: 1.71mg (8.55%), Zinc: 1.28mg (8.54%), Vitamin E: 1.26mg (8.4%), Vitamin B2: 0.14mg (8.39%), Calcium: 54.77mg (5.48%), Vitamin B5: 0.52mg (5.17%)