



Penne with Smoked Chicken and Mascarpone

READY IN



45 min.

SERVINGS



4

CALORIES



746 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound chicken breast--skinned smoked shredded boneless trimmed of fat
- 0.1 teaspoon pepper red crushed
- 0.5 pound young green beans cut into 1 1/2-inch lengths and blanched until al dente
- 0.5 cup mascarpone cheese
- 1 tablespoon olive oil extra-virgin
- 2 tablespoons parsley minced
- 1 pound penne rigate
- 4 servings salt
- 2 shallots thinly sliced

- 2 tablespoons sherry vinegar
- 0.5 pound zucchini cut into 1 1/2 -by-1/3-inch sticks

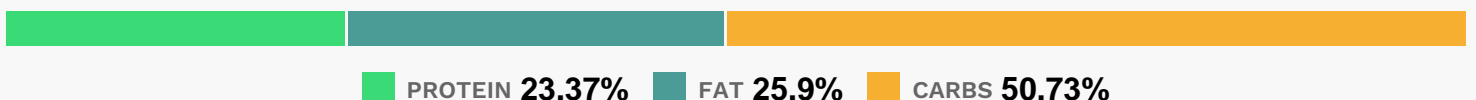
Equipment

- bowl
- frying pan
- sauce pan
- pot

Directions

- In a large pot of boiling salted water, cook the penne until al dente, about 12 minutes.
- Drain the pasta, reserving about 1/2 cup of the cooking liquid.
- Meanwhile, in a small nonreactive saucepan, combine the mascarpone and sherry vinegar. Cook over low heat until melted; keep warm.
- Heat the olive oil in a large non-reactive skillet.
- Add the green beans and zucchini and saut until tender and lightly browned. Stir in the shallots and cook until softened.
- Add the smoked chicken and crushed red pepper, season with salt and cook just until warmed through.
- In a large bowl, toss the pasta with the vegetables and the mascarpone sauce; add some of the reserved cooking liquid if the pasta seems dry.
- Sprinkle with the parsley and serve.
- Serve With: A plate of sliced tomatoes with basil, sprinkled with olive oil. Buy some extra mascarpone to serve with fresh figs and thin butter cookies for dessert.
- Notes: TIP: The secret of this dish is using flavorful smoked chicken breasts. We love the individually packed boneless ones from Nodine's Smokehouse in Goshen, Connecticut; 800-222-

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:35.86, Inflammation Score:-8, Nutrition Score:30.28086960834%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 746.02kcal (37.3%), Fat: 21.15g (32.54%), Saturated Fat: 9.4g (58.73%), Carbohydrates: 93.23g (31.08%), Net Carbohydrates: 87.02g (31.64%), Sugar: 7.3g (8.11%), Cholesterol: 100.7mg (33.57%), Sodium: 359.86mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.94g (85.87%), Selenium: 108.57µg (155.11%), Vitamin B3: 14.49mg (72.43%), Manganese: 1.32mg (66.22%), Vitamin B6: 1.23mg (61.45%), Vitamin K: 62.23µg (59.27%), Phosphorus: 505mg (50.5%), Magnesium: 117.99mg (29.5%), Potassium: 997.12mg (28.49%), Vitamin C: 22.13mg (26.82%), Fiber: 6.21g (24.86%), Vitamin B5: 2.39mg (23.93%), Vitamin A: 1119.9IU (22.4%), Copper: 0.44mg (22.15%), Zinc: 2.65mg (17.67%), Vitamin B2: 0.3mg (17.57%), Vitamin B1: 0.26mg (17.07%), Iron: 3.03mg (16.82%), Folate: 64.57µg (16.14%), Calcium: 107.11mg (10.71%), Vitamin E: 1.19mg (7.92%), Vitamin B12: 0.23µg (3.78%)