

Cajun Chicken Pasta



<https://www.skinnytaste.com/cajun-chicken-pasta-on-lighter-side/>

Ingredients:

- Pasta: You'll need a half pound of linguine, penne pasta or pasta shape of choice.
- Chicken: Slice a pound of boneless skinless chicken breasts into strips.
- Seasoning: Cajun seasoning, garlic powder, salt, and pepper to season chicken and veggies
- Vegetables: Red and yellow bell peppers, mushrooms, red onion, tomatoes, scallions
- Garlic: Mince three cloves.
- Broth: Use low-sodium chicken broth for the sauce.
- Cream: No need for heavy cream, the skim milk, flour, and cream cheese thicken the sauce and make the Cajun pasta creamy.

Directions:

1. Prep all the veggies before you begin.
2. Make the Slurry: Blend the milk, flour, and cream cheese in a blender and set aside.
3. Season the chicken with Cajun seasoning, garlic powder, and salt. Use one teaspoon of Cajun seasoning for a milder dish and two teaspoons if you want more of a kick.
4. Cook the pasta: Boil salted water in a large pot and cook according to the package instructions for al dente.
5. Cook the Chicken: Heat a large nonstick skillet over medium-high heat and spray with oil. Add half of the chicken, and sauté for five to six minutes. Set aside on a plate and repeat with the remaining chicken.
6. Sauté the Vegetables: Add olive oil to the empty skillet and reduce the heat to medium. Cook the bell peppers, onions, and garlic for three to four minutes. Then add the mushrooms and tomatoes, cook until tender, and season with salt, garlic powder, and black pepper.
7. Cajun Pasta Sauce: Reduce the heat to medium-low, pour in the broth and slurry, and stir for about two minutes.
8. Combine Everything: Return the chicken to the skillet. Taste the veggies and add more salt and Cajun seasoning as needed. Cook for another minute until hot. When the pasta is cooked, drain and add, toss well to coat it with sauce. Top with chopped scallions, grated Parmesan cheese if desired.