

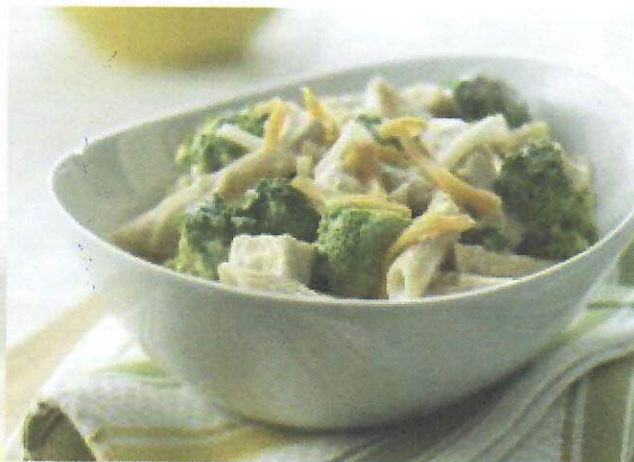
Chic' Penne

Makes: 6 Servings

Prep time: 20 minutes

Cook time: 20 minutes

This whole-wheat pasta dish is bright and fun with fresh broccoli, chicken, and melted cheese that is sure to please.



Ingredients

- **3 cups** penne pasta, whole-wheat, dry (12 oz)
- **1 teaspoon** granulated garlic (1/2 tsp Garlic Powder)
- **2 cups** fresh broccoli florets
- **1 cup** cooked diced chicken, 1/2" pieces (4 oz)
- **1 1/2 cups** fat-free half and half
- **1 tablespoon** enriched all-purpose flour
- **1/8 cup** low-sodium chicken broth
- **1 teaspoon** salt
- **1/2 teaspoon** ground black pepper
- **1/2 cup** reduced-fat cheddar cheese, shredded (2 oz)
- **1/2 cup** low-fat mozzarella cheese, low-moisture, part-skim, shredded (2 oz)

Directions

1. Preheat oven to 350 °F.
2. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well. Toss pasta with 1/2 teaspoon garlic.
3. Fill a medium pot with water and bring to a boil. Add broccoli florets and cook for 5 minutes. Drain well. Sprinkle with remaining garlic.
4. Transfer pasta and broccoli to a medium casserole dish (about 8" x 11") coated with nonstick cooking spray. Add chicken. Mix well.
5. In a small mixing bowl, mix 1/2 cup half and half with flour. Whisk to remove lumps.
6. In a medium skillet, heat chicken broth, salt, pepper, and remaining half and half. Stir constantly. Stir in half and half/flour mixture. Stir constantly and bring to a boil.
7. Reduce heat to low. Stir frequently for 5 minutes. Sauce will thicken. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture.
8. Cover casserole dish with lid or with foil. Bake at 350 °F for 8 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Remove from oven. Serve hot.

Source: Recipes for Healthy Kids Cookbook for Homes