

Chicken Penne

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

Makes: 6 servings

Ingredients

- 3 cups whole wheat penne pasta
- 1 teaspoon granulated garlic
- 2 cups broccoli florets (fresh or frozen)
- 1 cup cooked chicken, diced
- 1 ½ cups half and half
- 1 tablespoon whole wheat flour
- ? cup low sodium chicken broth
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ cup cheddar cheese, shredded
- ½ cup mozzarella cheese, shredded



Directions

1. Preheat oven to 350°F.
2. In a large pot, bring 2 quarts of water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Drain well. Toss pasta with ½ 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 lightly greased casserole dish. Add chicken. Mix well.
5. In a small mixing bowl, mix ½ cup half and half with flour. Whisk to remove lumps.
6. In a medium skillet, heat chicken broth, salt, black pepper, and remaining half and half. Stir constantly. Mix in the flour mixture. Stir constantly and bring to a boil.
7. Reduce heat to low. Stir frequently as sauce thickens. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture.
8. Cover casserole dish with foil. Bake for 8 minutes. Remove from oven and serve hot.

Recipe from: Winograd K-8 Elementary School, Greeley, Colorado, adapted by the USDA Food and Nutrition Administration.

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