

Cajun Chicken Pasta Bake

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Servings: 12

Preparation Time: 30 minutes

Bake Time: 15 minutes

This recipe makes two six-serving casseroles. To use a frozen casserole: Thaw in the refrigerator overnight. Remove from the refrigerator for 30 minutes before baking. Cover and bake at 350 degrees for 55-60 minutes or until bubbly.

2 packages (12 oz each) bow tie pasta
2 pounds boneless/ skinless chicken breasts, cut into 1-inch strips
2 tablespoons olive oil, divided
2 bunches green onions, chopped
2 medium green peppers, chopped
2 medium sweet red peppers, chopped
2 cans (10 3/4 oz each) condensed cream of chicken soup, undiluted
1 can (14 1/2 oz) reduced-sodium chicken broth
1 can (10 3/4 oz) condensed cream of mushroom soup, undiluted
3/4 cup 2% milk
2 1/2 teaspoons Cajun seasoning
1 1/2 teaspoons garlic powder
2 cups (8 oz) Colby-Monterey Jack cheese, shredded

Preheat oven to 350 degrees.

Cook the pasta according to package directions to al dente.

In a Dutch oven, saute' the chicken in one tablespoon of oil until the juices run clear. Remove with a slotted spoon and set aside.

In the same pan, saute the onions and peppers in the remaining oil until tender.

Add the chicken soup, broth, mushroom soup, milk, cajun seasoning and garlic powder. Bring to a boil. Remove from the heat.

Drain the pasta. Add to the soup mixture. Toss to coat.

Divide between two 13x9-inch baking dishes. Sprinkle with cheese. (Cool, cover and freeze one casserole for up to three months.)

Cover and bake the remaining casserole for 25 to 35 minutes or until bubbly.

Yield: 2 six-serving casseroles

Per Serving (excluding unknown items): 107 Calories; 7g Fat (57.5% calories from fat); 3g Protein; 9g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 588mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.