

Chicken

Chicken Penne Casserole

Taste of Home One -Dish Meals

Servings: 4

1 pound boneless/skinless chicken breast, cut into 1-inch pieces
1/2 cup onion, chopped
1/2 cup green pepper, chopped
1/2 cup sweet red pepper, chopped
1 teaspoon dried basil
1 teaspoon oregano
1 teaspoon parsley flakes
1/2 teaspoon salt
1/2 teaspoon crushed red pepper flakes
1 teaspoon canola oil
3 cloves garlic, minced
1 1/2 cups penne pasta, uncooked
1 can (14 1/2 oz) diced tomatoes, undrained
3 tablespoons tomato paste
3/4 cup chicken broth
2 cups (8 oz) part-skim mozzarella cheese, shredded
1/2 cup Romano cheese, grated

Preheat oven to 350 degrees.

In a large saucepan, saute' the chicken, onion, peppers and seasonings in oil until chicken is no longer pink. Add garlic; cook 1 minute longer.

Cook pasta according to package directions. Meanwhile, process tomatoes and tomato paste in a blender; add to chicken mixture. Stir in broth. Bring to a boil. Reduce heat; cover and simmer for 10 to 15 minutes or until slightly thickened.

Drain pasta; toss with chicken mixture. Spoon half of the mixture into a greased 2-quart baking dish. Sprinkle with half of the cheeses. Repeat layers.

Cover and bake for 30 minutes. Uncover; bake 15 to 20 minutes longer or until heated through.

Per Serving (excluding unknown items): 184 Calories; 6g Fat (27.9% calories from fat); 9g Protein; 24g Carbohydrate; 3g Dietary Fiber; 15mg Cholesterol; 681mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.