

# LITER CAJUN CHICKEN PASTA



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Yields: 6 servings

## Ingredients

- 6 lean boneless skinless chicken breast halves (4 ounces each)
- 3/4 tbsp Cajun seasoning of choice, divided
- 2-1/4 c uncooked whole wheat penne pasta
- 1 large onion, chopped
- 2-3 tsp olive oil
- 2 garlic cloves, minced or 2 tsp preminced
- 1 can (28 ounces) crushed tomatoes, drained
- 1/4 tsp pepper
- 1-1/2 c half-and-half cream

## Directions

1. Rub chicken breast halves each with ¼ tablespoon of Cajun seasoning. Lightly coat the grill with olive oil using a basting brush. Grill chicken, covered, over medium heat or broil 4 in. from the heat for 4-7 minutes on each side or until cooked throughout with no pink.
2. Meanwhile, in a large saucepan, cook pasta according to package directions. In a Dutch oven coated with cooking spray, sauté onion in oil until crisp-tender. Add garlic and remaining Cajun seasoning; cook 1 minute longer. Stir in tomatoes and pepper.
- 3, Drain pasta; add to the onion mixture. Stir in cream; heat through (do not boil). Serve chicken with pasta.

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 cup + 4 oz breast	313	10 g	23 g	30 g	517 mg

Carbohydrate Exchanges: 2