MARDI GRAS CHICKEN WITH BOWTIE PASTA

By: Simply Creative Chef Rob Scott

Ingredients: Yields 4 servings

8 ounces bowtie pasta
2 tablespoons butter
3 cloves garlic, minced
1 pound boneless skinless chicken breasts (about 2 breasts) cut into bite-sized pieces
2 teaspoons Cajun seasoning (to taste)
4 ounces cream cheese, softened and cut into small pieces
1 cup milk
¾ cup freshly grated parmesan cheese
½ teaspoon freshly ground black pepper
½ teaspoon salt, more to taste if needed
Fresh vegetables, if desired***

Directions:

- Cook pasta according to package instruction until al dente
- Drain, rinse with cold water and set aside
- In a large pot or skillet, melt the butter over medium heat
- Add the garlic and cook for 30 seconds
- Add the chicken pieces and any desired vegetables and season with Cajun seasoning
- Cook for 3-4 minutes, until chicken is nearly cooked through
- Add the milk and cream cheese, stirring well until the cream cheese has melted and sauce is smooth, 2-3 minutes
- Stir in pasta, parmesan cheese, salt, and pepper
- Serve immediately

***Good vegetable additions would be spinach, broccoli, asparagus, zucchini, or mushrooms. For a more authentic Cajun dish, sliced bell peppers would be a good choice.