

SPICY CHICKEN PASTA

Ingredients

1 (9-ounce) package fresh angel hair pasta
Cooking spray
1 cup vertically sliced onion
1 tablespoon dried basil
1 1/2 teaspoons bottled minced garlic
1/2 teaspoon crushed red pepper
1 cup half-and-half
1/4 cup reduced-fat sour cream
1 teaspoon all-purpose flour
1/4 teaspoon salt
1/8 teaspoon black pepper
1 (6-ounce) package honey-roasted chicken breast cuts (such as Louis Rich)
1 (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry
1 tablespoon grated fresh Parmesan cheese

Preparation

Cook pasta according to package directions, omitting salt and fat. Drain in a colander over a bowl, reserving 1/4 cup cooking liquid.

While pasta cooks, heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion; sauté 2 minutes. Add basil, garlic, and crushed red pepper; sauté 1 minute. Combine half-and-half, sour cream, and flour, stirring with a whisk. Add reserved pasta cooking liquid and half-and-half mixture to pan; bring to a boil. Stir in salt, black pepper, chicken, and spinach; bring to a boil. Stir in pasta, and cook 1 for minute or until thoroughly heated. Sprinkle with cheese.

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Quick Lemon Chicken with Rice

Ingredients

1 tablespoon olive oil
1 pound boneless, skinless chicken breasts, cut into strips
2 cloves garlic, minced
1/2 cup onion, chopped
1 carrot, grated
1 zest of lemon, grated
1 can (14 1/2 ounces) chicken broth
1 tablespoon parsley
2 tablespoons sliced black olives
2 cups quick-cooking white rice

Directions

Warm the oil in a large skillet over medium-high heat. When hot, add the chicken and cook for 5 to 10 minutes, or until no longer pink and the juices run clear. During the last few minutes of cooking, add the garlic and onion.

When the chicken is done, stir in the carrot, lemon zest, broth, parsley, olives, and rice. Bring to a boil, then remove from the heat, cover, and let stand for 5 minutes. Fluff with a fork before serving.

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