

# Bechamel Sauce Chicken Lasagna

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This Bechamel Sauce Chicken Lasagna layered with roasted chicken breast and oozing with cheese is perfect, if your in line to bring a dish to a holiday potluck or you need to feed a crowd, this is the dish to make!!!!!!

Keeping it comforting, and just a touch healthier using lean chicken breast and low fat milk for the sauce, if your gluten free you can use gluten free flour to make the roux, and gluten free lasagna noodles.

In this recipe lasagna sheets are layered with creamy Bechamel sauce, chicken, spinach and cheese, that all comes together to create beautiful layers, in this crowd pleasing lasagna.

All you need is a casserole dish, 45 minutes, a prep plan and you can feed as many people as you need to a delicious restaurant quality meal your whole family will love **Things to know about Bechamel Sauce Chicken Lasagna**

First Bechamel sauce , is one of the classic French white mother sauces. a velvety, buttery, creamy white sauce perfect for this Bechamel Sauce Chicken lasagna.

The sauce is not difficult to make, but you do need to pay attention, for success don't leave the stove unattended. The sauce burns quickly. Stir continuously while sauce is

simmering.

If the sauce is too thick add more milk, if too thin coat 1 pad of butter with flour and drop it in sauce while simmering. Remember to dip the lasagna noodles in the hot bechamel sauce before layering.

There never seems to be any left overs, but if there are you can freeze it for a ready made meal perfect for holiday entertaining, or you need a hurry-up dinner for unexpected guest.

All you need is a casserole dish, 45 minutes, a prep plan and you can feed as many people as you need to, and the white color looks pretty on almost any table and goes from oven to table to freezer, to dishwasher, 13 x 9 covered white casserole.

The extra bonus with casserole meals, your quest can serve themselves, set out this festive dinner napkins to set a holiday mood. add a simple salad for a dinner everyone will love

If you make this Bechamel Sauce Chicken Lasagna, be sure to leave me a comment and please don't forget to tag me on Instagram with your creations.

Above all I love hearing from you guys, and do my best to respond.

## **Ingredients**

- 2 chicken breast
- 1 box store bought no-cook lasagna sheets
- 1 stick of butter
- 2 tablespoons olive oil
- 1/2 cup flour
- 1 quart milk
- 2 cups grated parmesan

- 2 cups shredded mozzarella
  - 1 cup chopped spinach
  - 1 cup chicken stock
  - 2 tablespoons chopped Italian parsley
  - 1 teaspoon nutmeg
  - Salt and pepper to taste
  - **Instruction**
  - Heat oven to 400 degrees
  - Coat chicken with olive oil salt and pepper to taste
  - Roast chicken breast 15 minutes cool and shred
  - Melt butter in medium stock pot
  - Stir in flour whisking continuously
  - Slowly whisk in milk, chicken stock, salt, pepper and nutmeg
  - Simmer on low heat 10 minutes stir to prevent browning
  - line 9 x 12 inch casserole dish with bechamel sauce
  - Dip the lasagna noodles in hot sauce
  - Start layering the lasagna noodles beginning with the bechamel sauce
  - Top with 1/3 the amount of chicken, spinach, cheeses and bechamel sauce
  - Repeat for three layers ending with lasagna noodles, bechamel and cheeses
  - Bake in a 400 degree oven 45 minutes to 1 hour or until golden and bubbly
  - Let rest 15 minutes before cutting
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## **Creamy Chicken Broccoli and spinach pasta**

# **Creamy Chicken Broccoli and spinach pasta**

**Looking for a quick and easy pasta dinner? This Creamy Chicken Broccoli and Spinach Pasta is your answer!**

Ready in under 30 minutes, it's the perfect weeknight meal when you're short on time but craving something comforting and full of Italian flavor. Tender chicken, crisp-tender broccoli, fresh spinach, and a touch of tomato come together in a light garlic cream sauce that tastes like it came from your favorite Italian restaurant. This easy pasta recipe is sure to become a go-to family favorite!

## **Things to know about this Creamy Chicken Broccoli and spinach Fettuccini**

One: when your cooking the chicken for this Creamy Chicken Broccoli Fettuccini don't overcook it, and be sure the saute pan is big enough to brown the chicken . Okay I know that was two. Next, always under cook the pasta just a bit this allows for the reheat. And finally always save some pasta water, this step is easily missed. And let me tell you, the pasta water with all it's starch is a magical ingredient that thickens the sauce and adds more flavor. I always save more than I need just in case.

Get in the habit of always saving some of the pasta water if your boiling pasta!!

Oh one more thing be sure to deglaze the saute pan. That's another important step, there's a lot of flavor in the bottom of the saute pan be sure to scrape all those brown bits up using a large spoon

If you make this recipe please leave me a comment and please don't forget to tag me on Instagram. Hearing from you is my favorite part!!!

## Ingredients

- 1/2 lb. fettuccini
- 2 boneless skinless chicken breast cut in medium chunks
- 1 lb. broccoli flowerets
- 2 cups diced tomatoes
- 2 cups chopped spinach
- 2 Tablespoons each butter and extra virgin olive oil
- 1/2 cup chopped onion
- 1 Tablespoon minced garlic
- 2 Tablespoons chopped Italian parsley
- 1/2 cup white wine
- 1 cup reserved pasta water
- 1 cup chicken stock
- 1 cup heavy cream
- 1 cup parmesan
- Salt and pepper to taste

## Instructions

1. Cook the pasta according to package directions adding the broccoli the last 3 minutes. And reserve two cups of the pasta water before draining
2. Salt and pepper chicken chunks
3. In a large saute pan cook over medium high heat in the olive oil and butter cook the Chicken until golden brown and cooked through about 5-7 minutes remove and set aside
4. In the same pan add the tomatoes, garlic and onion cook until the tomatoes burst and the garlic and onion are tender and just beginning to brown
5. Deglaze the pan with white wine scraping up all the

- brown bits at the bottom simmer a few minutes
6. Add the chicken stock, cream, and reserved pasta water simmer 10 minutes or until sauce thickens. then add in the parmesan cheese
  7. Return the chicken to the pan add the chopped spinach, broccoli and drained fettuccini cook for 1-2 minutes to combine the flavors and the spinach is wilted
  8. Sprinkle with Italian parsley and additional parmesan cheese. ENJOY!!!
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## **Chicken Apple Stuffing**

## **Chicken Apple Stuffing**

There's still time to make this Chicken Apple Stuffing for your thanksgiving turkey. This recipe is easy, quick, delicious and uses few ingredients.

The chicken sausage and apples together with the cornbread produce a gourmet flavor sure to impress your family and friends. Not's not even the best part, the best part it's ready in less than 30 minutes.

## **A few Tips about Chicken Apple Stuffing**

If your going to bake this Chicken Apple Stuffing inside the turkey don't do so until just before your going to roast it.

Or if your going to bake it along aside the bird use a pretty covered casserole dish that goes from oven to table.

Be sure to use a large enough saute pan to get the browning you need to add extra flavor. Here is a link to my favorite saute pan.

This stuffing recipe can be make the day before and refrigerated. One more tip bring both the turkey and the stuffing to room temperature about 30 minutes, before baking.

Happy Thanksgiving my dear friends. Even in these uncertain times is always something to be grateful for ALWAYS!!!!

## Ingredients

- 1 medium chopped onion
- 2 cups chopped celery
- 3 diced Gala apples
- 1 lb. chicken sausage casting removed
- 1 cup chicken stock
- 4 cups corn bread stuffing
- 2 Tablespoons chopped sage
- Salt and pepper to taste

## Instructions

1. In a large saute pan saute the sausage breaking it up into small pieces saute until lightly browned
  2. Add the Celery, onions, apples and sage saute until tender and just beginning to brown
  3. Meal while pour the chicken stock over the corn bread
  4. Mix the corn bread with the sautéed ingredients
  5. Salt and pepper to taste
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# **Creamy Chicken Gnocchi**

## **Creamy Chicken Gnocchi**

Don't let the looks of this Creamy Chicken Gnocchi intimidate you. It's an easy recipe when you use store bought potato gnocchi.

If you want to go the all home made route you can make my Easy Ricotta Gnocchi. But if you decide to make your own they need to be cooked in a separate pot of rapidly boiling water until they come to the surface, about 7 minutes and then tossed in the sauce. The same is true with the marinara but marinara sauce is so easy and is one of the sauces I always have on hand. I have linked the recipes for the gnocchi and the marinara. The most important thing about marinara is to use the best tomato products, since tomatoes are the main ingredient.

My absolute favorite is La San Marzano, you can't always find it in the supermarkets but here is the link to find it on Amazon.

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## **Three Tips When Making Creamy Chicken Gnocchi**

Size matters!!! when we're one pan cooking. The sauté pan has to be big enough and deep enough to hold in this case both the pasta and the sauce. Here's a link to a good all around one pan cooking pot.

Another thing that's important is to be sure the oil and

butter is hot enough to sear the chicken without burning it.

One more thing, if the sauce is too thick add a little milk if it's too thick coat a pat of butter with flour and put it in the sauce, the last few minutes.

## Ingredients

- 3 boneless, skinless chicken breast cut in cubes
- 1/2 LB. store bought or my easy ricotta gnocchi
- 3 cups prepared marinara sauce
- 1 cup heavy cream
- 2 cups chopped spinach
- 2 tablespoons each olive oil and butter
- 2 Tablespoons chopped garlic
- 1/2 small onion chopped
- 1 cup parmesan cheese
- 2 Tablespoons chopped Italian parsley

## Instructions

1. In a large sauté pan heat olive oil and butter to medium heat
  2. salt and pepper the chicken and sauté until lightly browned
  3. Add the garlic and onion sauté until tender and just beginning to brown
  4. Add the prepared marinara and cream simmer 15 minutes or until sauce thickens
  5. Add the gnocchi and spinach
  6. Simmer covered 7 to 10 minutes
  7. Sprinkle with the parmesan cheese and Italian parsley
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# White Chicken Chili

## White Chicken Chili

White Chicken Chili is the ultimate comfort food when your looking for a healthier version on the old classic.

Full of tender chicken breast and white beans in a creamy, cheesy sauce will have your family and friends coming back for seconds.

You won't have leftovers, but if you do this is one of those freezer friendly recipe for a ready made meal.

actually make a double batch purposely to freeze. These containers from Amazon they store easily, come in different sizes

are freezer and microwave friendly, don't freeze the Chili with the toppings, add them just before serving.

## Topping White Chicken Chili

white chicken chili like all chilis it's about the toppings. I topped this one with sour cream, lime, cheese and tortilla chips, that I cut into ribbons and air fried in my Cuisinart toaster/air fryer.

If you don't have an air fryer all I can say is, of all of the appliances in my kitchen it is the one I use the most. It fries, bakes, roasts and toast all in one toaster/air fryer.

Back to the topping the Chili there are as many possibilities as there are different types of chili. Experiment with different combinations find what fits your lifestyle and

taste.

One more thing if you make this recipe, please me a comment and don't forget to tag me on Instagram. I love hearing from you that's my favorite part!!!

## Ingredients

- 3 boneless skinless chicken breast
- 2 tablespoon olive oil
- 1 onion
- 2 Tablespoons chopped garlic
- 1 Jalapeno seeded and minced
- 1 Tablespoon each cumin, oregano, coriander and smoky paprika
- 2 15 oz. cans white beans
- 4 cups chicken
- 2 4.5 oz. green chilies
- 1/2 cup each monetary Jack and sharp cheddar
- 1/2 cup sour cream
- 1/2 cup crushed tortilla chips
- 1/2 cup chopped cilantro
- Salt and pepper to taste

## Instructions

1. In a large pot over medium heat, heat oil.
2. Add the chicken cook until lightly brown remove and set aside
3. Add the the onion, garlic and jalapeno cook until tender and just beginning to brown about 5 minutes
4. Add all the spices cook until fragrant
5. Add the green chilis, chicken broth, and chicken season with salt and pepper
6. bring to a boil, reduce heat and simmer covered 15 minutes
7. Remove chicken, shred between two forks

8. Return chicken to pan add white beans
  9. Simmer 5 minutes more
  10. Garnish with the Monterey jack, sour cream, tortilla chips, lime and cilantro
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# Chicken And Sausage Pasta

## Chicken And Sausage Pasta

If you love pasta your going to love this Chicken And Sausage Pasta recipe. Penne pasta tossed in a creamy pesto sauce, with chunks of juicy chicken breast and Italian sausage, make this a restaurant quality dinner.

In most Italian kitchens pasta is a staple, it was in my house growing up and it still is today. Growing up most of the pasta was made by hand. I can still see my Mom rolling out the dough by hand, on a wooden board my father made for her.

There's no doubt homemade pasta is the best, but with so many delicious commercial brands store bought is a good alternative. Pasta is still one of my go to staples when I need dinner quick, or I have unexpected company. it's quick, easy, and so versatile it's easy to please the pickiest eater.

Ever wonder why most restaurants have pasta on the menu?? Well the answer may be it's too imitating for the home cook, **IT'S NOT** . You need dinner quick, on those busy weeknights, you have unexpected guests coming **Pasta** to the rescue.

Pasta is delicious plain and simple. Think olive oil, garlic, parmesan, cream, herbs, chicken and sausage and you have a meal fancy enough for weekend dinners with friends. **Customize Chicken And Sausage Pasta**

This Chicken And Sausage Pasta recipe calls for easy ingredients you probably already have on hand, butter, garlic, cream, tomatoes, chicken and Italian chicken sausage which together create a creamy, saucy Italian flavored dinner. And the best part is that you can mix and match ingredients to customize this recipe to your tastes.

You can substitute the chicken for tofu if your going the vegetarian route, using the same process. You don't like chicken or sausage? Then use shrimp adding it the last 5 minutes of cooking.

If your gluten free there are a lot of good gluten free pastas too. Use ingredients that fit your lifestyle and taste. I used my homemade pesto sauce, you don't have too, store bought works just as well.

**Here is the recipe to make basil pesto, combine one bunch of basil, 1 cup parmesan cheese, 2 cups toasted walnuts**

**with 1 cup extra virgin olive oil pulse blender pouring the olive oil in last in a slow stream while pulsing.**

Please let me know your experience if you make this recipe, comments, feedback whatever you feel like talking about. That's my favorite part and don't forget to tag me on Instagram.....

## Ingredients

- 1 lb penne pasta
- 2 boneless skinless chicken breast
- 2 links chicken Italian sausage
- 2 Tablespoons each olive oil and butter
- 2 cups chopped spinach
- 2 cups cherry tomatoes
- 1 cup parmesan cheese
- 1 small chopped onion

- 2 tablespoons chopped garlic
- 1 cup heavy whipping cream
- 2 cups pesto sauce
- 1 cup chicken stock
- 1 cup reserved pasta water
- 1 Tbs. each chopped Italian parsley, basil, and thyme
- Salt and pepper to taste

## Instructions

1. Cook pasta according to package directions reserving 2 cups of the water before draining
2. Mean while heat olive oil and butter in large saute pan
3. salt and pepper chicken to taste
4. Cut sausage into thick diagonal slices
5. Add chicken and sausage saute until golden
6. Saute onion and garlic until tender
7. Add tomatoes saute until blistered about 10 minutes
8. De glaze pan with chicken stock
9. Add heavy whipping cream, pesto sauce and reserved pasta water
10. Simmer until sauce thickens about 10 minutes
11. And parmesan cheese, spinach, and herbs last 5 minutes
12. Toss drained pasta in the sauce
13. Top with the additional parmesan and Italian parsley
14. Salt and pepper to taste

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# Chicken Piccata Pasta with Linguine

# Chicken Piccata Pasta with Linguine

Happy July!!! For my first post of the month Am sharing one of the most ordered meal at the restaurant Chicken Piccata Pasta with Linguine

Looking for a restaurant quality meal you can make in your own kitchen in less than 30 minutes? Here it is this creamy, lemony chicken recipe starts off with chicken breast coated in flour then sauteed in a mixture of olive oil and butter to a golden brown.

Add in lemon, capers and artichokes toss in all together with linguine and you have a meal everyone will love.

When you need dinner quick on those busy weeknights or when you have last-minute guests coming: pasta to the rescue!

Pasta is delicious, plain and simple: think olive oil, garlic, Parmesan, and some herbs; add in chicken and a creamy, lemony sauce, and you have a guaranteed crowd pleaser!

That's all it takes: adding pasta to this Chicken piccata recipe makes for a meal that is cause for celebration. Plus it's a perfect way to show off what a great "home chef" you are. This recipe was inspired by my love of pasta, one of my top restaurant "luxury" meals, but I've made it easy for the home cook.

## Things to know about this Chicken Piccata Pasta with Linguine

Chicken Piccata Pasta with Linguine is nothing more than chicken cutlets, dredged in flour, browned, cooked in a sauce of butter, lemon juice, cream and chicken stock, then tossed

with linguine. It can be prepared in 30 minutes or less and it's so easy and delicious it should be part of every home cooks repertoire.

Traditionally it doesn't use cream in the recipe and because I don't drink I've replaced the customary white wine with chicken stock. I've talked here before, about the importance of saving some of the pasta water before draining, it really is the magic ingredient that thickens and adds flavor to your pasta sauces. It's a step that can be easily forgot, I save more than I need just in case i need it.

I served it with pasta for an easy weeknight family meal. If you want a special occasion dressed up dinner serve it with garlic mashed potatoes and snap fresh green beans.

Don't forget to leave me comment if you make this, and please don't forget to tag me on Instagram, hearing from you is my favorite part!!!!

## Ingredients

- 1/2 lb. Linguine
- 4 6 oz chicken breast
- 1/4 cup flour
- Salt and pepper to taste
- 2 tablespoons each butter and olive oil
- juice and zest from two lemons
- 1 cup heavy whipping cream
- 1 cup chicken stock
- 1 cup reserved pasta water
- 1/2 cup capers
- 1 cup chopped artichokes
- 2 Tbs. chopped garlic
- 1/2 cup chopped onion
- 1 Tbs. each chopped Italian parsley, and basil
- **Instruction**

- Salt and pepper chicken
  - Coat with flour
  - Heat oil and butter Add the chicken brown on both sides (3-4 minutes per side)remove from skillet and set aside
  - In the same pan add onion and garlic saute until tender and just beginning to brown
  - Add heavy whipping cream, chicken stock, reserved pasta water, lemon juice and rind
  - Simmer until thickens about 15 minutes
  - Return chicken to pan
  - Add capers and artichokes
  - Simmer 5 minutes more
  - Toss linguine with sauce top with chicken, sprinkle generously with Parmesan and Italian parsley..... Enjoy
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## **Chicken Philly Pasta**

## **Chicken Philly Pasta**

I can't believe it's almost July, and the temperatures are rising in California, where I live. So am always looking for easy, quick recipes that get me out of the kitchen fast.

Seriously, this Chicken Philly Pasta is what dreams are made of. quick, easy, and delicious it's a meal the whole family loves. And it's ready in less than 30 minutes.

We need recipes like this, that don't take hours to prepare and the whole family loves. This creamy, cheesy meal has ingredients even picky eaters will like. Who doesn't like cream and cheese?

Another great thing about this recipe, it uses few ingredients you probably have in your kitchen, and the best part it's made in one pan. It's a quick and easy recipe that doesn't have to be saved for special occasions, it's a perfect meal any night of the night.

It comes together in 30 minutes, doesn't use ingredients you can't pronounce, let alone know what they are and my favorite way of cooking it's make all in one pan YIPEEEEE!!!!

## **Customize Chicken Philly Pasta**

You can customize this Chicken Philly Pasta recipe to make it your own, by changing the protein and your choice of pasta. If possible try to use ingredients you have on hand in different recipes.

In my kitchen I use the same ingredients in many different recipes. It saves trips to the store and cuts down on waste. For instance, this pasta dish uses the same ingredients I would use to make a chicken Philly sandwich or a Philly style pizza, cooking this way makes meal easier.

If you keep following along pretty soon you wouldn't be looking at recipes as often. You'll easily be able to add, change or subtract ingredients to fit your lifestyle and taste.

This recipe works well with shrimp too. If you use shrimp saute them 3 minutes per side then remove them from pan to prevent overcooking, adding them back in at the end just to heat through. And of course you can use steak and make it a true Philly steak pasta.

Whatever ingredients you use keep it simple and fresh, and remember in one pan cooking the saute pan needs to be deep enough to hold the pasta. one pan of this size is all you need. This is the one I use from Target, it's the perfect size

for one pan cooking and not too expensive.

One more good thing about this recipe, it stay's fresh in the fridge for 2 to 3 days, for quick meal reheats and it's freezer friendly for ready made meals.

Let me know if you made this recipe. Please leave me a comment and don't forget to tag me on Instagram. I love hearing from you, it's my favorite part!!!!

## Ingredients

- 1/2 lbs. gemille shaped pasta
- 2 skinless boneless chicken breast
- 2 tablespoons each butter and olive oil
- 1 red cubed bell pepper
- 2 cups sliced mushrooms
- 1/2 cup chopped onions
- 1 Tablespoon chopped garlic
- 1 cup heavy whipping cream
- 1 cup chicken stock
- 1 cup water
- 1 cup grated parmesan cheese
- 1 Tbs. each chopped Italian parsley, basil, and thyme

## Instruction

- Heat oil and butter add onion and garlic saute until tender
- Add peppers and mushrooms saute until crisp tender about 5 minutes Push to one side of saute pan
- Add chicken brown on both sides remove from skillet
- Add heavy whipping cream, chicken stock, water and pasta
- Simmer until thickens about 10 minutes
- Add spinach and parmesan Simmer 5 minutes more.....  
Enjoy!!!!

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# **Sweet and Tangy Balsamic BBQ Sauce Recipe**

## **Sweet and Tangy Balsamic BBQ Sauce Recipe**

This sweet and tangy Balsamic BBQ Sauce is the best barbecue sauce that is both sweet and tangy is ready in 15 minutes and made from scratch.

BBQ sauce is one of those foods that differ from state to state you have Kansas City style, Memphis style, Texas style and many between. Everyone has their personal favorite. I like them all.

Growing up in an Italian household our BBQ sauce consisted of a basic olive oil, garlic, lemon juice and herbs, still one of my favorites.

But today I wanted to share this quick and easy BBQ sauce that uses few ingredients you probably have on hand, is ready in 15 minutes. and comes out perfect every time.

## **Things to know about this Sweet and Tangy Balsamic BBQ Sauce Recipe**

When you make this Balsamic BBQ sauce as a made-ahead meal prep allow it to cool, then pour it onto mason jars. Seal it tight with a tight fitting lid and store it in the refrigerator to use for quick and easy meals throughout the

week.

It's the perfect sauce to use for pulled pork or chicken and keeps fresh in your fridge up to 2 weeks.

If you make this BBQ sauce please leave me a comment, let me know in what recipe you used it, and don't forget to tag me on Instagram with your creations I love hearing from you!!!

## **Ingredients**

- 2 cups ketchup
- 1 cup water
- 1 cup balsamic vinegar
- 1/4 cup red wine vinegar
- 1/2 cup brown sugar
- 2 tablespoons hot sauce
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon smoked paprika
- 1 tablespoon Worcestershire sauce
- Salt and black pepper to taste

## **Instructions**

1. In a medium saucepan, combine all ingredients.
2. Stir well and bring the mixture to a gentle simmer over low heat.
3. Cover and let the sauce simmer for 15–20 minutes, stirring occasionally, until thickened to your

liking.

4. Taste and adjust seasoning with additional salt, pepper, or hot sauce if needed.

Let the sauce cool before using. Store leftovers in an airtight container in the fridge for up to 1 week.

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# **Creamy Tuscan Chicken Penne Pasta – Easy Weeknight Dinner**

## **• Creamy Tuscan Chicken Penne Pasta – Easy Weeknight Dinner**

You need to add this Tuscan Chicken Penne to your weekly pasta night menu. It's a creamy pan sauce filled with sun dried tomatoes, spinach and mushrooms and goes perfect with the chicken and pasta. This is a delicious base sauce to add any shape pasta to, it doesn't have to be penne, use what you have on hand.

My recipes and the way I cook is to use what I have on hand, or what is on sale and the freshest seasonal ingredients. This meal came about because on a shopping trip I bought whole, skinless, boneless chicken breast, they were on sale.

I like to cut them into different shapes to use in different recipes. For this penne pasta I cut the chicken into strips.

The rest I cut into fillets for grilling or baking, lay it flat in baggies and freeze it.

It's great when all you have to do is take the chicken out of the freezer and it's pan ready for your recipe, for those busy night , when commitments are long and time is short.

This quick dinner can be on your table in about thirty minutes and has few ingredients so you don't have to go to the store as often, because you forgot something, and leaving with more than you came for, plus a little extra frustration you didn't have to pay for in this crazy times.

## Things to know about this creamy chicken penne recipe

In this Tuscan Chicken Penne recipe, I use one of my favorite tricks—pasta water! I do this in about 75% of my recipes because pasta water is pure magic when it comes to finishing sauces.

Before adding the pasta to your pan, ladle in about 1 cup of the starchy, salty cooking water. It not only adds flavor but also helps bind the sauce and pasta together while naturally thickening the sauce.

Don't forget to save the pasta water *before* you drain it—this is one of the easiest steps to overlook! I like to save extra just in case I want to adjust the sauce's consistency.

Need to thicken your pan sauce a bit more? Try this trick: coat a pat or two of butter in flour and drop it into the sauce. Let it simmer for at least 5 minutes to cook out any raw flour taste.

This Tuscan-style sauce is a restaurant-quality base you can customize any way you like. It's full of flavor and guaranteed to be a hit with your family. If you like family friendly pasta meals that come together quick and taste delicious try my tomato piccata shrimp bucatini.

If you make this recipe, I'd love to hear from you—leave a comment or tag me on Instagram so I can see your delicious creations. That's truly my favorite part!

## Ingredients

1/2 lb. penne pasta

1/2 Lbs. skinless boneless chicken breast sliced into strips

2 Tbs. each olive oil and butter

1 Tbsp. minced garlic

1/2 cup chopped onion

1/2 cup white wine

4 cups spinach chopped

4 oz, sun dried tomatoes

1 cup parmesan cheese

1 cup heavy whipping cream

1 cup chicken stock

1 cup reserved pasta water

1 Tbs. each chopped Italian parsley, and basil

Salt and pepper to taste

## Instruction

1. Salt and pepper the chicken
2. Heat oil and butter add the chicken saute on high heat till golden, remove and set aside
3. In the same pan lower the heat to medium add the onion and garlic saute until soft and translucent
4. Deglaze the pan with the white wine waiting until fully

absorbed before adding the cream, chicken stock, and pasta water

5. Simmer covered until thickens about 15 minute
6. Add spinach and sun dried tomatoes simmer 5 minutes longer.
7. Toss cooked penne in sauce add the parmesan cheese, Italian parsley and basil
8. Top with additional parmesan..... Enjoy!!!