

Baked Chicken Rigatoni pasta

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This baked chicken rigatoni pasta dinner will let us know what Italians knew all along, that pasta is easy to prepare, versatile and good for you.

By having just a few basics, you can throw together a satisfying dinner ready to serve in less than an hour.

Virtually anything, yesterday's left over chicken, that's what I used, some fresh vegetables, a handful of cheese can be turned into a simple quick pasta dinner.

Pasta is an ideal main course it's high in complex carbohydrates and low in fat, making it a staple in our house two to three times a week.

It's not often you find a meal the whole family will like, when you do you'll want to make it often. And because pasta is so versatile you can serve it two to three a week, without repeating the same dish. What's not to love? Nothing!!!!

Things to know about this baked chicken rigatoni pasta recipe

This chicken baked rigatoni recipe uses pantry and refrigerator staples, that I had on hand. Pasta is so versatile, you can change this recipe up by leaving the mushrooms or the spinach out, or changing the pasta shape, without changing the flavor much.

Talk about different shape pasta, did you know there are more than 500 distinct commercial pasta shapes.

Pastas are now made in a variety of flavors and made with many different flours. The most important thing to remember when selecting, cooking and serving dried pasta is that they are interchangeable.

If you can't find a particular type called for in the recipe, simply use a pasta of similar size and shape.

If you make this recipe please leave me a comment, let me know your experience with the recipe, and don't forget to tag me on Instagram, Hearing from you is my favorite part.

Ingredients

- 1/2 Lbs. rigatoni
- 2 skinless, boneless, chicken breasts, cut into thin strips
- 1/2 Lbs. sliced mushrooms
- 2 cups chopped spinach
- 1/4 cup flour
- 2 cups low fat milk
- 1 cup diced swiss cheese
- 1 cup parmesan cheese
- pinch of nutmeg
- Salt and pepper to taste

Instructions

1. Cook pasta el dente reserve 1 cup of pasta water
2. Preheat oven to 350 degrees
3. In a sauce pan in 2 tablespoons of butter and olive oil saute chicken until brown
4. Push chicken to side of pan, add Mushrooms and garlic saute until golden....salt and pepper now.
5. Mix the flour with 1 cup of the milk whisk until smooth
6. Slowly add the flour/milk mixture to simmering pan
7. Add remaining milk, cheeses, spinach, nutmeg and drained

pasta and reserved pasta water

8. Transfer to a heat proof casserole dish, sprinkle with additional cheese and Italian Parsley
9. Bake covered for 20 minutes uncover and bake 10 minutes longer
10. Serve and ENJOY!!!!