



Italian Chicken (Low Carb)

Ingredients:

Chicken breast, chicken thigh, heavy cream, chicken bouillon, cream cheese, Italian seasoning, precooked penne pasta, cornstarch, and pepper. Served with garlic toast.

All you do:

1. Twenty-four hours before cooking, thaw the Italian Chicken pan(s) in the refrigerator. For a quicker thaw, slightly open the lid of the pan(s) off to one side when thawing in the refrigerator.
2. Leave the precooked pasta in the freezer storage bag when thawing. Thaw the pasta in the refrigerator for 24 hours before reheating.
3. On cooking day, pull the garlic toast from the freezer. The garlic toast can thaw in the refrigerator until it is ready to be made in the oven.

Cooking Instructions for Slow Cooker:

1. Spray the inside of a slow cooker with nonstick cooking spray or opt for an easier clean up by using a slow cooker liner.
2. Transfer the contents from the thawed Italian chicken pan(s) into a slow cooker. Cook the contents on medium-low heat for 5-6 hours or on high heat for 3-4 hours. The internal temperature of the chicken should reach 165°F (on a cooking thermometer) to ensure it is cooked through.
3. Reheat the pasta in the microwave by transferring the contents of the thawed pasta into a large microwave safe bowl. Microwave on high for about 1-2 minutes, then serve immediately with the cooked Italian Chicken. For reheating the pasta in the slow cooker, simply add the thawed pasta from the freezer storage bag to the slow cooker with the Italian chicken during the last few minutes of cooking.
4. Around the same time that the pasta is reheating, prepare a baking sheet with non-stick cooking spray and place the thawed garlic toast on the prepared baking sheet. Bake the garlic toast at 350°F for 5 minutes or until bread is toasted.

Cooking Instructions for Oven:

1. Preheat the oven to 325°F. Once the oven is preheated, cover and place the foil pan of thawed Italian chicken in the center rack of the oven. Bake covered for 40 minutes. After the 40 minutes: uncover, stir, and cook the chicken for another 15-20 minutes or until the internal cooking temperature reaches 165°F on a cooking thermometer.
2. Reheat the pasta in the microwave by transferring the contents of the freezer storage bag (precooked pasta) into a large microwave safe bowl. Microwave on high for about 1-2 minutes, then serve immediately with the cooked Italian Chicken.
3. Around the same time that the pasta is reheating, prepare a baking sheet with non-stick cooking spray and place the thawed garlic toast on the prepared baking sheet. Adjust the oven temperature to 350°F and bake the toast for 5 minutes or until bread is toasted.

Chef's Tip(s): Add olive oil to the drained pasta after reheating to prevent it from sticking and clumping together.

Dietitian Tips & Notes:

Serve with: Add a bag(s) of your favorite frozen vegetables to the sauce for a heartier meal.

Leftovers: If you have leftover chicken and sauce, reheat, and serve over biscuits or bread!

Fun Fact: Penne, which means "pen" in Italian, gets its name from its shape. The tube-shape with angled ends was inspired by the quill of an old-style ink pen.

Italian Chicken Nutrition Facts per serving: 545 calories, 37 g total fat (20 g saturated fat, 0 g transfat), 154 g cholesterol, 648 mg sodium, 18 g carbohydrates (1 g fiber, 1 g sugar), 34 g protein

Penne Pasta Nutrition Facts per serving: 140 calories, 8 g total fat (2 g saturated fat, 0 g transfat), 0 g cholesterol, 190 mg sodium, 15 g carbohydrates (0 g fiber, 0 g sugar), 3 g protein

Garlic Toast Nutrition Facts per serving: 127 calories, 1 g total fat (0 g saturated fat, 0 g transfat), 0 mg cholesterol, 0 mg sodium, 28 g carbohydrates (3 g fiber, 1 g sugar), 5 g protein