

## Creamy Pasta with Broccoli & Chicken

Serves 4

*Read through carefully: you must work with boiling the pasta and broccoli while at the same time cooking the chicken, etc*

4 cups penne rigate “Smart Pasta”  
4 cups (~1 bunch) broccoli florets

2 boneless, skinless chicken breasts  
1 Tbsp oil

3 onions, sliced  
2 large carrots, sliced  
1 tsp dried thyme

2 Tbsp all purpose flour  
½ tsp salt  
½ tsp freshly ground pepper

1 cup chicken stock  
1 cup 2% evaporated milk

2 Tbsp finely grated parmesiano reggiano cheese

Cut chicken crosswise into thin strips. In large skillet – or dutch oven -- heat oil over medium-high heat; cook chicken, stirring for about 5 minutes or until no longer pink inside. Transfer to a plate.

Add onions, carrots, and thyme to pan; cook over medium heat, stirring occasionally for about 10 minutes, or until onions and carrots are softened.

Sprinkle with flour, salt, and pepper; cook, stirring, for 1 minute. Gradually whisk in stock and evaporated milk; boil for 2 minutes or until thickened. Return chicken to pan, stirring to combine.

Meanwhile, in a large pot of boiling **salted** water, cook pasta for 6 minutes.

Add broccoli; cook for 2 to 3 minutes or until pasta is tender but firm and broccoli is tender-crisp. Drain and return to pot.

Add chicken mixture and toss to coat.

Serve sprinkled with the cheese.

