

Creamy Chicken and Noodles

Creamy Chicken and Noodles is a hearty, comfort-food dish that can have many variations depending on culture.

Makes: 4 servings
Prep Time: 10 minutes
Cook Time: 35 minutes

Source: Common Threads

Ingredients

- 6 ounces whole wheat spaghetti
- 1 boneless skinless chicken breast
- 1 cup low-fat milk
- 2 teaspoons cornstarch
- 1/4 cup parmesan cheese
- salt and pepper (optional)

Directions

1. Measure out the ingredients.
2. Cook the spaghetti according to package instructions, but reserve a bit of pasta water before draining. Set the pasta aside.
3. Heat a skillet with one tablespoon of cooking oil for 30 seconds, then add chicken breast to medium-high heated skillet. Allow to cook undisturbed for 4-5 minutes, flip and cook another 4-5 minutes. Remove from skillet and let rest before slicing.
4. Add 1 cup of low-fat milk to skillet (used for chicken) over medium heat. Stir in 2 teaspoons cornstarch and parmesan cheese, reserving a bit for sprinkling over finished meal. Stir until parmesan melts and milk becomes slightly thick. If sauce become to thick used reserved pasta water one tablespoon at a time until it becomes the consistency needed. Remove from heat.
5. Slice chicken breast into 1/4 inch thick pieces. Add to parmesan sauce.
6. Plate noodles and add sauce and chicken, garnish with remaining parmesan cheese.



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1/5 of recipe

Nutrients	Amount
Calories:	220
Total Fat:	4 g
Saturated Fat:	1.5 g
Cholesterol:	30 mg
Sodium:	130 mg
Total Carbohydrates:	34 g
Dietary Fiber:	0 g
Total Sugars:	5 g
Added Sugars:	0 g
Protein	17 g

Utensils Needed

- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Stirring spoon
- Skillet
- Pot

SHOPPING LIST

Average total cost without oil and seasonings: \$ 12.52

Average cost/serving: \$3.13

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to cart
Chicken breast



Add 1 to cart
Low-fat milk



Add 1 to cart
Whole Wheat Spaghetti



Add 1 to cart
Corn Starch



Add 1 cart
Parmesan

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Try adding steamed vegetables, such as broccoli, or peas and carrots for a well rounded meal.