INGREDIENTS

- 8 ounces bowtie pasta
- 2 tablespoons butter
- 3 cloves garlic, minced
- I pound boneless skinless chicken breasts (about 2 breasts) cut into bitesized pieces
- 2 teaspoons Cajun seasoning (to taste)
- 4 ounces cream cheese, softened and cut into small pieces
- 1 cup milk
- ³/₄ cup freshly grated parmesan cheese
- ½ teaspoon freshly ground black pepper
- ½ teaspoon salt, more to taste if needed
- Fresh vegetables, if desired**

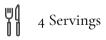
INSTRUCTIONS

- 1. Cook pasta according to package instruction until al dente
- 2. Drain, rinse with cold water and set aside
- 3. In a large pot or skillet, melt the butter over medium heat
- 4. Add the garlic and cook for 30 seconds
- 5. Add the chicken pieces and any desired vegetables and season with Cajun seasoning
- 6. Cook for 3-4 minutes, until chicken is nearly cooked through
- Add the milk and cream cheese, stirring well until the cream cheese has melted and sauce is smooth, 2-3 minutes
- 8. Stir in pasta, parmesan cheese, salt, and pepper
- 9. Serve immediately



Mardi Gras Cajun Style Chicken with Bowtie Pasta

by Simply Creative Chef Rob



 ***Good vegetable additions would be spinach, broccoli, asparagus, zucchini, or mushrooms.
For a more authentic Cajun dish, sliced bell peppers would be a good choice.