

INGREDIENTS

- 8 ounces bowtie pasta
- 2 tablespoons butter
- 3 cloves garlic, minced
- 1 pound boneless skinless chicken breasts (about 2 breasts) cut into bite-sized pieces
- 2 teaspoons Cajun seasoning (to taste)
- 4 ounces cream cheese, softened and cut into small pieces
- 1 cup milk
- ¾ 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
7. 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



4 Servings

***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.