

#LetsCook30

CREAMY BOW-TIES WITH CHICKEN SPINACH AND PEPPERS

This dish is great for using up Thanksgiving leftovers (just substitute turkey for chicken). Using an old cheddar cheese adds rich and delicious flavour, so either use it or another strong cheese like asiago.

Servings: 4

Ready in about: 20 minutes

6 oz	bow-tie shaped pasta
2 tbsp	vegetable oil
12 oz	boneless skinless chicken breasts, cut into strips (about 2 medium)
3 tbsp	margarine or oil
1 medium	red bell peppers, sliced
2 cups	fresh spinach, shredded
2 tsp	lemon juice
3 tbsp	white flour
2 cups	milk
1 medium clove	fresh garlic, minced
1/4 tsp each	salt, black pepper and nutmeg
3/4 cup	old white cheddar cheese, shredded
1/4 cup	parmesan cheese, grated

Nutrition Tips

To reduce the saturated fat and increase the fibre in this recipe we used:

- Whole wheat pasta
- Low fat milk (2% M.F. or less)
- Low fat cheese (20% M.F. or less)

INSTRUCTIONS:

1. In a large pot of boiling water, cook pasta until tender but firm; drain. Rinse under hot water; drain. Transfer to a bowl and set aside.
2. While the pasta is cooking, heat oil in a large frying pan and add chicken strips and cook over medium heat for 4 to 5 minutes or until browned. Transfer to a plate.
3. In the same frying pan, heat 1 tsp of the oil over medium heat. Add peppers and sauté for about 3 minutes or until soft. Stir in spinach and cook for 1 to 2 minutes or until wilted. Stir in lemon juice. Transfer vegetables to a bowl and set aside.
4. Heat remaining oil over medium heat. Blend in flour and let it simmer until you smell a nutty aroma. Add milk. Cook, whisking constantly, until mixture comes to a boil. Add garlic and reduce heat to simmer for 2 to 3 minutes. Stir in salt, nutmeg and pepper. Remove from heat. Add cheese and stir until blended. Add pasta, chicken and vegetables to sauce and stir until combined. Sprinkle with Parmesan cheese.

PUBLIC HEALTH

1-877-464-9675
TTY 1-866-512-6228
york.ca/letscook30



York Region