MICHIGAN STATE UNIVERSITY | Extension

Zingy Lemon Chicken Pasta

Ingredients

- 8 ounces whole wheat spaghetti, uncooked
- 1 Tablespoon tub margarine
- 1 tablespoon olive oil
- 20 ounces boneless, skinless chicken breast, cut into 3/4 inch pieces
- 5 green onions, sliced
- 1 clove large garlic, minced
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 1 1/3 cups chicken broth
- 2/3 cups skim milk
- 2 teaspoons prepared mustard
- 1/4 cup freshly squeezed lemon juice

Topping

- 1/4 cup chopped almonds
- 2 Tablespoons chopped chives or green onions
- 1/4 teaspoon paprika (optional)

Nutrition Facts

Serving size:
Servings per container:

Calories	540
Fat	15g
Saturated fat	3g
Cholesterol	59mg
Sodium	324mg
Carbohydrate	56g
Fiber	9g
Protein	35g
Calcium	100mg
Iron	4mg
Vitamin C	20mg

Recipe provided by: MyPlate Kitchen, United States Department of Agriculture, myplate.gov

Directions

Wash hands and all food preparation surfaces.

1. Combine flour, salt, pepper and cayenne in a saucepan; gradually add chicken broth and skim milk, stirring with a wire whisk until smooth.
2. Place over medium heat and cook, stirring constantly, until thickened. Add mustard and lemon juice. Allow to cool.
3. Heat margarine and oil in a skillet. Add chicken pieces, green onions and garlic. Sauté until chicken is just firm and cook though to 165°F, about 10 minutes.
4. Prepare pasta according to package directions and drain. Combine sauce, chicken and pasta mixture.
5. Put into a 2 1/2 quart casserole dish. Sprinkle top with almonds, chopped chives, and paprika (if using).
6. Bake at 375°F for 10 minutes or until heated through.
7. Store leftover in the refrigerator within 2 hours.

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP

MSU Extension programming has something to offer every member of your family

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

For more information or to join a class, contact us at:

Michigan State University Extension Genesee County
605 N. Saginaw St., Suite 1A
Flint, MI 48502
810-244-8536

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP