

Zingy Lemon Chicken Pasta recipe is easy and healthy

Here is a healthy, easy recipe that anyone can make for any occasion. You can find other healthy recipes at choosemyplate.gov.

This lemony chicken pasta dish is sure to become a family favorite. Packed with protein and topped with crunchy almonds, it can be prepared and served quickly any night of the week.

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 cup skim milk

2 teaspoons prepared mustard

1/4 cup freshly squeezed lemon juice

Directions

Combine flour, salt, pepper and cayenne in a saucepan; gradually add chicken broth and skim milk, stirring with a wire whisk until smooth.

Place over medium heat and cook, stirring constantly, until thickened. Add mustard and lemon juice. Allow to cool.

Heat margarine and oil in a skillet. Add chicken pieces, green onions and garlic. Sauté until chicken is just firm and cooked through, about 10 minutes.

Prepare pasta according to package directions and drain. Combine sauce, chicken and pasta mixture.

Put into a 2 ½-quart casserole dish. Sprinkle top with almonds, chopped chives and paprika (if using).
Bake at 375° for 10 minutes or until heated through.