

McCracken County
Mustang Café
Creamy Sun-Dried Tomato Chicken Pasta

Pasta:

Ingredients:

3 cups	Penne Paste, Whole Grain
1 lb	Boneless Skinless Chicken Breast
2 TBSP	Olive Oil
¼ tsp	Pepper, Black
½ tsp	Salt, Kosher
1 tsp	Italian Seasoning
3 each	Garlic, minced
1 each	Chicken flavored Bouillon Cube
1 cups	Water
1 cups	Half and Half
½ cups	Parmesan Cheese
1 tsp	Chili Flakes
¼ tsp	Thyme, dried
¼ tsp	Oregano, dried
10 oz	Sun Dried Tomatoes, no oil
3 cups	Broccoli
1 T	Parsley, fresh (garnish)

Directions:

1. Bring a pan of water, enough to cover the pasta, to boiling. Add pasta and boil until al dente and drain well.
2. Meanwhile, heat oil in a large non-stick skillet. Mix together the salt, pepper, and Italian seasoning. Season the chicken breasts with most of the seasoning (saving some for the broccoli later) and cook the chicken until 165F. Remove from pan and cover in foil to keep warm.
3. Sauté the garlic in the same pan as the chicken over medium heat for 1 minute or until fragrant.
4. Dissolve chicken bouillon cube in 1 cup water. Use the bouillon broth to deglaze the skillet, scraping any stuck bits into the pan with a wooden spoon.
5. Reduce the heat to medium-low. Add the half & half and parmesan cheese. Bring to a simmer. Add the chili flakes, thyme, oregano, and sundried tomatoes. Cover the skillet with a lid and simmer until the mushrooms are tender.
6. While the sauce is simmering, boil the broccoli for 5 minutes and blanch in cold water. Drain and season with remaining seasoning mixture and set aside.
6. Once the mushrooms are tender, wilt the spinach leaves in the sauce.
7. Toss the cooked pasta in the sauce until coated well.
8. Slice the chicken.
9. Serve pasta on a plate. Top each serving with broccoli, sliced chicken, and garnish if desired.

Flatbread Ingredients:

1 cup	Whole Wheat Flour
1 cup	AP Flour
1 tsp	Salt, Kosher
1 TBSP	Garlic Powder
1 TBSP	Baking Powder
¼ cup	Parsley, fresh
¾ cup	Water, Cold
2 TBSP	Olive Oil
3 TBSP	Garlic, minced

Directions:

1. Whisk together whole wheat flour, all-purpose flour, salt, garlic powder, and baking powder. Stir in chopped parsley.
2. Mix in water slowly until the dough comes together and is still soft but not sticky. Knead a few times until the dough forms a ball.
3. Let the dough rest for 30 minutes.
4. Meanwhile, mix together 2 TBSP olive oil and garlic and set aside.
5. After the dough has rested, cut the dough into 8 equal parts. Roll out each piece very flat.
6. Heat a dry non-stick skillet or griddle over medium-high heat. Place the flattened dough on the skillet and flip once one side is cooked and has spots of golden brown. The dough may puff slightly and have small air bubbles. Adjust the heat accordingly so that there are golden brown spots but no burning.
7. Brush the garlic oil on each piece and sprinkle with parsley.
8. Cut each flatbread into four pieces.