

Zingy lemon chicken pasta



Recipe credit

The "Grain Chain," a group of MyPlate National Strategic Partners

About this recipe

Serves

4

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
- for Topping:
- 1/4 cup chopped almonds
- 2 tablespoons chopped chives or scallions
- 1/4 teaspoon paprika (optional)

Directions

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 cooked through, 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° for 10 minutes or until heated through.

Nutritional info

Calories

540

Total fat

15 g

Saturated fat

3 g

Cholesterol

59 mg

Sodium

324 mg

Total carbohydrates

56 g

Dietary fiber

9 g

Protein

35 g

Total sugar

4 g

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