

Blackened Chicken Scampi

(blackened- optional)

Ingredients:

- 2 chicken breasts or 4 tenderloins- approx. 1 lb
- 2 c (dried pasta) cooked- I use penne or ziti

- 1 can cream of chicken soup (I use the fat free)
- 2 tsp lemon juice
- 2 tbs minced garlic
- ¼ c white wine
- ¼ c milk
- ¼ c chicken broth
- ½ tsp black pepper
- 1 tsp Italian seasoning

- ¼ tsp crushed red pepper (optional) or
- ¼ tsp Cajun/Creole seasoning- more for seasoning chicken before browning

- Green peppers or mixed peppers cut up- lengthwise is best (optional)

Directions:

1. Cook pasta- set aside
2. Clean chicken and sprinkle w/ Cajun Seasoning
3. Brown chicken- set aside
4. Cook peppers until soft (optional)- set aside
5. In a mixing bowl- mix together the 9 ingredients starting with cream of chicken soup- add either crushed red pepper OR Cajun seasoning- Cajun if blackening chicken
6. Dump contents of mixing bowl into skillet and let it simmer for 10- 20 minutes
7. Layer pasta, peppers, and chicken on a plate or in a bowl- top with scampi sauce
8. Serves 2 to 4 people- Enjoy!!