Pasta

- Chicken Stroganoff
- Chicken Parmesan Meatballs
- Pasta Fresca
- Chicken Jalapeno Popper Casserole

Chicken Stroganoff

Ingredients:

- 2 TBSP olive oil
- 2 lbs boneless, skinless chicken breasts, cut into $^{3}/_{4}$ inch chunks
- 2 tsp. freshly ground black pepper
- 1 bag (12 oz.) egg noodles
- 1 large yellow onion, medium-diced
- 1 package (10 oz.) button mushrooms, stems trimmed and halved
- 1 can (10.5 oz.) condensed cream of chicken soup
- 1 packet Lipton onion soup mix
- 1 $^{1}/_{2}$ cups low sodium chicken stock
- 2 tsp. all-purpose flour
- 4 oz. cream cheese, cubed, at room temperature

Instructions:

- In a large skillet, heat the olive oil over medium-high heat. Add the chicken, season with 1 tsp. of the pepper, and saute until the chicken is cooked through, about 10 minutes. Remove to a plate and set aside.
- Meanwhile, in a large pot of boiling water, cook the egg noodles according to package directions.
- Add the onion and mushrooms to the skillet, return the heat to medium-high, and cook, stirring often, until the onion is softened and the moisture from the mushrooms disappears, usually about 10 minutes.
- Return the chicken to the pan. Add the cream of chicken soup, onion soup mix, stock, flour, and remaining 1 tsp. pepper and stir well. Cook, stirring, often, until bubbles form around the rim of the pain, then simmer for 2-3 minutes.
- Remove from the heat, stir in the cream cheese, and let the cheese melt. Give another good stir and it's ready!
- Serve the chicken mixture on top of the cooked egg noodles

Chicken Parmesan Meatballs

Ingredients:

- 1 1/2 cups panko bread crumbs
- 1/4 cup grated Parmesan cheese, plus more for topping
- 1 1/2 tsp. table salt
- 1 lb ground chicken
- 1 large egg
- 1/2 tsp. Italian seasoning
- 20 small pearl-size Mozzarella balls
- Olive oil, for shallow frying
- Jarred marinara sauce
- Cooked pasta, for serving

Instructions:

- Preheat the oven to 400°
- In medium bowl, combine 1 cup of the panko with the Parmesan and 1/2 tsp. of the salt. Give a stir and set aside.
- In a large bowl, combine the chicken, the remaining panko, the egg, pepper, garlic powder, and Italian seasoning. Gently mix to combine.
- To make a meatball, scoop up 2 TBSP of the chicken mixture. Ball it up a bit and insert one of the little mozzarella balls or cubes into the center. Use your fingers to wrap the chicken mixture around the cheese, concealing it completely. Roll the meatball in the panko mixture to coat. Set the meatball on wax paper and continue to make the rest of the meatballs.
- Pour 1/4 to 1/2 inch of olive oil into a large skillet. Heat over medium-high heat until the oil starts to shimmer. Add the meatballs and cook until slightly browned all over, 2-3 minutes per side.
- Use a slotted spoon to remove them to a sheet pan or baking dish. Bake until the chicken is cooked through and the cheese is melty in the center (cut one in half to make sure), 10-12 minutes.
- Spread marinara sauce over the meatballs and crown each with a shake of Parmesan. Return to the oven to bake a few minutes to warm the marinara.
- Serve with your favorite pasta, warmed and mixed with more marinara sauce to taste.

Pasta Fresca

Ingredients:

- 2 tsp olive oil
- 2 1/2 cups pre-cooked farfalle pasta
- 1/4 cup cubed roma tomato
- 1 tbsp diced red onio
- 2 dashes kosher salt and black pepper
- 1 oz fresh spinach
- 1/4 cup fresh garlic
- 2 tsp kosher salt
- 1/4 balsamic vinegar
- 1/4 cup sweet white wine
- 1 cup olive oil

Instructions:

1. In a very hot saute pan, add olive oil, pre-cooked farfalle pasta, roma tomatoes, diced red onions, kosher salt, and pepper.
2. Sear noodles, stirring occasionally until hot.
3. Add fresh spinach, 1 oz fresca sauce
4. Toss to combine, serve with shaved parmesan.
5. For sauce
6. Mix 1/4 cup garlic, 2 tsp kosher salt, 1/4 cup balsamic vinegar, 1/4 cup sweet white wine, 1 cup olive oil

Chicken Jalapeno Popper Casserole

Experiment for next time: add bell pepper?

Chicken Marinade

.25 cup olive oil
3 tbsp apple cider vinegar
4 cloves garlic minced
2 tbsp chopped jalapeno (used from jar, scooped juice and all)
.5 tsp salt
.5 tsp pepper
~1.5 lbs chicken

Casserole

1 lbs pasta (cooked, drained)
8 oz cream cheese, softened
1 pack of bacon, cooked, chopped
16 oz block of cheddar (shredded)
1/4 cup diced jalapeno (minimal juice from jar)
1.33 cup heavy cream
bread crumbs
the chicken ^^ (cooked and diced)

1. Marinate chicken for ~2 hours
2. Griddle chicken and bacon, and cook pasta
3. Preheat oven to 350
4. Chop bacon and chicken
5. Pam a 9x13 baking dish
6. Mix together cream cheese, bacon, 2/3 of cheddar and jalapenos
7. add pasta
8. stir in chicken
9. put into baking dish
10. bake 40 minutes
11. add the other 1/3 of the cheese
12. bake 5 more minutes