

Creamy Sun Dried Tomato Penne



Makes:

6 servings

Utensil:

3 Qt./2.8 L Sauce Pan with Cover

3 Qt./2.8 L Perforated Basket

11" Large Skillet with Cover

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2

cups

penne pasta

(210

g)

1

pound

boneless skinless chicken breast, cut into 1-inch strips

¹/₂

cup

sun-dried tomatoes

(27

g)

1

can

petite diced tomatoes, undrained

(190

g)

1

cup

half and half, or heavy cream

(240

mL)

¹/₂

cup
grated Parmesan cheese
(50
g)

Directions:

1. Cook pasta according to package directions. Drain well.
2. Preheat large skillet on medium. When several drops of water sprinkled on the pan skitter and dissipate, add chicken. Cook and stir 5 minutes or until lightly browned.
3. Add sun dried tomatoes, tomatoes, cream and cheese. Bring to a simmer, stirring constantly until well blended. Reduce heat to low and simmer 5 minutes.
4. Stir in pasta and toss gently to coat. Serve with additional Parmesan cheese, if desired.

Nutritional Information per Serving

Calories:

243

Total Fat:

6g

Saturated Fat:

3g

Cholesterol:

50mg

Sodium:

262mg

Total Carbs:

25g

Dietary Fiber:

2g

Sugar:

2g

Protein:

21g

Nutritional analysis calculated using half and half cream