

Betty's Parmesan Pasta with Chicken



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Betty demonstrates how to make Parmesan Pasta with Chicken. This recipe consists of whole wheat penne pasta with Parmesan cheese sauce and chunks of chicken.

Parmesan Pasta with Chicken

8 ounces whole wheat penne pasta (uncooked)

salt, to taste

¼ cup butter

¼ cup flour

3 cups milk

3 cups shredded parmesan cheese

3 cups cooked chicken breast (cubed)

2 tablespoons dried parsley flakes

freshly ground black pepper, to taste

Fill a large saucepan halfway with water. Salt slightly, if desired. Bring the water to a boil and add uncooked penne pasta. Bring back to a boil, and boil for about 7 minutes, until soft, but still chewy. Drain and set aside. In a medium-sized saucepan, melt butter over low to medium heat. Stir in flour. Cook, stirring constantly, until the mixture is thickened and smooth. Add milk. Stir and bring just to a boil. Add cheese. Stir until cheese is melted. Remove from heat. Stir in cooked chicken cubes and dried parsley flakes. Combine cooked mixture with drained penne pasta. Spoon onto a nice serving plate and grind some black peppercorns over the top. Serve with Italian bread, dipped in balsamic vinegar and olive oil. YUM! --Betty :)