

Cajun Chicken Pasta with Cauliflower Alfredo Sauce

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 6 servings

Ingredients:

6 chicken breasts, skinless
 4 tablespoons Cajun seasoning or blackening seasoning
 1 cup mushrooms, sliced
 1 ¼ cup onion, sliced thin
 3 red bell peppers, sliced thin
 1 cup squash, diced
 1 pound penne pasta
 1 head of cauliflower, cored and diced into florets
 4 garlic cloves (whole)
 2 tablespoons olive oil
 1 ¾ cups low-fat milk
 1 cup Canadian bacon, small cubed
 ½ cup parmesan cheese, grated or shredded
 ½ cup low fat sharp cheddar cheese, grated or shredded
 Salt, pepper, and hot sauce, to taste

Method of preparation:

1. Preheat oven to 350 degrees (for cauliflower).
2. Prepare mushrooms, peppers, and squash, and place into a bowl and set aside (cover to prevent discoloration).
3. In a medium bowl, toss cauliflower, garlic cloves and oil. Spread the mixture evenly onto a cookie sheet and place into a 350 degree oven. Roast until cauliflower is golden and tender, 20-25 minutes.
4. For the chicken, coat the breasts in Cajun seasoning, then grill or pan-sear in a non-stick pan.
5. After removing cauliflower and garlic from oven, remove the skins from the roasted garlic and add to a blender along with roasted cauliflower, cheeses and milk. Process mixture until well pureed.
6. Prepare pasta (follow package directions).
7. While the pasta is cooking, sauté the vegetables and bacon that have been set aside until the onions are caramelized.
8. When pasta reaches desired doneness, reserve ½ cup of the pasta water before draining and set aside.
9. Drain the pasta and add the caramelized vegetables and the cauliflower Alfredo sauce.
10. Serve warm, garnished with additional parmesan and fresh parsley if desired.

Nutritional analysis (per serving):

Calories:	667	Carbohydrates:	83 g	Folate:	0 mcg
Total Fat:	11 g	Fiber:	1.37 g	Calcium:	0 mg
Saturated Fat:	5 g	Cholesterol:	0 mg	Iron:	0 mg
Protein:	54 g	Vitamin B-12:	0 mcg	Sodium:	800 mg