



311 Calories per serving

5 Servings

Recipe Adapted from:  
lanesbbq.com

Family Rating:



### **Blackened Chicken and Veggie Pasta**

- 8 oz pasta of your choice (I used the corkscrew pasta, bowtie would be a pretty presentation)
- 1 lb chicken breast
- 2 slices of turkey bacon, diced, fried, and drained
- 2 cloves of garlic, minced and divided
- 1 green and red bell pepper, diced and divided
- 1/2 onion, diced or sliced, per your preference
- 10-20 grape tomatoes, quartered
- 2 tbsp. I Can't Believe It's Not Butter (ICBINB)
- Blackening Seasoning (I purchased Kroger brand as it had less sodium)
- Freshly shredded parmesan cheese
- Low Sodium, Fat Free Chicken Broth

**Directions:** Bring water to a boil and add pasta, then drain, rinse, and set aside. Add one tablespoon of ICBINB to a hot skillet and saute half of the garlic, onions, and bell peppers until just tender, remove and set aside. Add bacon to skillet, cook until done, remove and set aside. Add remaining garlic and remaining tablespoon of IBCINB to the pan. Season chicken with blackening seasoning and cook until done. Remove and set aside. Add enough chicken broth to coat the bottom of the pan to deglaze the pan. Add noodles, veggies, and sliced chicken and combine. Add additional chicken broth if the pasta seems dry. Top with bacon crumbles and shredded cheese.

**Tips:** Serve with wilted lettuce salad or traditional salad. Serving a crowd? Double the recipe, sure to fill and please! This is a simple and filling dish for a Mother's Day gathering!