

CSFP

Recipe of the Month

April 2010

A carefree, simple skillet supper....simmer chicken, vegetables, and pasta together in a creamy mushroom sauce; top with grated cheese and serve!

Easy Chicken and Pasta

Makes 4 servings

Onion, chopped	1/4 cup
Cream of mushroom soup, condensed (Regular or Low fat)	1 (10.75 ounce) can
Water	2 1/4 cups
Basil leaves, dried	1/2 teaspoon
Rotini, whole grain, uncooked	2 cups
Chicken, canned, rinsed and drained	1 (12.5 ounce) can
Carrots, canned, rinsed and drained	1 cup
Green beans, canned, rinsed and drained	1 cup
Parmesan cheese, grated or Cheddar cheese, grated	as desired

Directions:

1. Combine chopped onion, condensed soup, water, and basil in large skillet or saucepan. Heat to a boil.
2. Add pasta; cook for 10 minutes over medium heat, stirring often.
3. Add drained chicken, carrots, and beans; stir mixture together well.
4. Cook for 5 minutes or until pasta is done.
5. Sprinkle with grated parmesan or cheddar cheese.

Notes:

1. Use frozen vegetables if preferred; cook them with pasta in soup mixture.
2. Vary the combinations of vegetables: try broccoli, cauliflower, carrots, peas; just add 2 cups of a favorite colorful combination.
3. If using raw vegetables, add them to the soup/water mixture and bring to a boil before adding the pasta. Continue cooking vegetables with the pasta as directed.
4. Whole grain pasta adds fiber and valuable B vitamins, as well as its own special flavor.
5. Try other favorite seasonings---Italian seasoning, dill, rosemary; add some garlic!.
6. Instead of canned chicken, use cut up raw chicken breast; cook in 1 tablespoon oil until browned; then add to recipe. Try tuna, ham chunks, or left-over turkey.

Questions or concerns? Call the Vermont Foodbank: 1-800-214-4648

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Because we cannot predict which foods will actually arrive in your food package, the recipe may not always use ingredients that you receive in a given month.