



INGREDIENTS

8 oz uncooked spinach fettuccine
1/2 to 1 lb boneless skinless chicken
1/2 red onion, finely chopped
2 jalapeño peppers, finely chopped
2 red or yellow bell peppers, chopped
1/2 cup low sodium chicken broth
4 Tablespoons lime juice (about 2 limes))
1 teaspoon garlic salt (divided use)
1/2 cup fresh grated parmesan cheese
3/4 cup fat free evaporated milk
3/4 cup reserved water from fettuccine
1/4 cup chopped fresh cilantro
freshly ground pepper

Jalapeno Lime Chicken Pasta

Makes about 4 servings

Cook the fettuccine according to the package directions and drain, reserving 3/4 cup of the cooking water. If you can't find or don't like spinach fettuccine, use whole wheat.

Cut up the chicken, onion, jalapeno and red pepper and saute in a large skillet until the chicken is done.

Add the chicken broth and 2 Tbsp lime juice. Saute for 5 - 10 minutes until most of the liquid has cooked away but the mixture is still moist.

Stir in 1/2 teaspoon garlic salt. Add the pasta to the skillet along with the evaporated milk, reserved cooking water, parmesan cheese, 2 Tbsp lime juice and 1/2 tsp garlic salt and toss gently to combine. Give it a taste at this point and add additional lime juice or garlic salt if desired, but do note, with both flavors, a little goes a long way so add slowly.

Continue cooking a few minutes until the noodles are heated through and the liquid cooks down a bit. Add the chopped cilantro and a pinch of fresh ground pepper, serve and enjoy! Garnish with additional grated parmesan if desired.

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