



Chicken Pasta with Chipotle Cream Sauce

Ingredients

- 16 oz pasta, bowtie, penne, rotini
- 1 pound chicken breasts, cut into small bite sized pieces
- 2 tablespoons butter
- 4 cloves garlic, minced
- 2-3 chipotle chilis, chopped + 1 tablespoon adobo sauce
- 1 cup half and half
- 1/2 cup chicken stock + 2 teaspoons cornstarch whisked in
- 1 cup canned diced tomato
- 1 cup frozen corn
- 1 cup grated Parmesan cheese
- cilantro, scallions, or lime for garnish, optional

Instructions

- Cook pasta according to package directions. Since the pasta will be added back and cooked in the sauce for a few minutes, cook it on the low end of the range on the package instructions.
- In a large, high sided skillet over medium high, heat 2 teaspoons of olive oil. Add chicken and cook 3-4 minutes until browned and cooked through. Remove chicken from pan. Don't worry if there are some browned bits left in the skillet!
- In the same skillet over medium low heat, melt butter. Then add garlic, chipotle chilis and adobo sauce. Cook for 1-2 minutes, stirring to make sure garlic doesn't burn.
- Stir in cream and chicken stock mixed with 2 teaspoons of cornstarch. Cook 3-4 minutes on medium low until sauce is thickened and bubbling slightly.
- Add chicken back to pan, along with corn, tomatoes and pasta. Increase temperature to medium high and cook 3-4 minutes more until everything is heated through, stirring occasionally to get everything well mixed and coated with the sauce.
- Turn off the heat and stir in Parmesan cheese. Stir until cheese is melted and incorporated into the pasta.
- Serve immediately garnished with lots of scallions, cilantro and a squeeze of lime, if you like!

Adapted from Get On My Plate