

Chicken & Pasta with Cream Sauce:

2 chicken breasts
14 oz chicken broth
1/4 c flour
4-6 oz Low Fat Cream Cheese
3 cups whole wheat pasta – any type
Italian seasoning (optional)
Italian bread crumbs (optional)

1. Pound chicken breasts until flat
2. Coat chicken with bread crumbs (optional)
3. Cook @ 450 until juices are clear or chicken is 170°
4. Place cream cheese, broth, and flour in pan and heat until boiling
5. Add Italian seasoning to sauce (optional)
6. Allow sauce to boil for a few minutes until it has thickened
7. Combine pasta, chicken, and sauce
8. Enjoy!

*I tried to substitute plain Greek yogurt for the cream cheese. I like the cream cheese better. But if you do want to substitute, it's still 4-6 oz Greek yogurt.

* I also use King Arthur white whole wheat flour

* You can add things like spinach, broccoli, or red pepper for some variety