

Bluelady's Recipes

Blackened Chicken Strips on Pasta with Cajun Sauce

4 Servings

Ingredients:

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| 1 1/2 tablespoons paprika | 1 clove garlic peeled and minced |
| 1 teaspoon garlic powder | 2 cups chicken broth |
| 1 teaspoon onion powder | 1 tomato seeded and minced |
| 1/8 teaspoon ground black pepper | 1 tablespoon chopped fresh herbs (choose from oregano, basil, tarragon, or marjoram) |
| 2 (6-oz.) boneless, skinless chicken breasts | 1/4 teaspoon salt |
| 2 tablespoons minced peeled onion | 8 ounces penne pasta |

Recipe slightly modified from www.meals.com

Procedure

1. To make Cajun Spice:
Mix paprika, garlic powder, onion powder, and pepper. Set aside.
2. Place chicken breasts between two pieces of wax paper and pound with a meat mallet to flatten. Moisten breasts with water and rub with Cajun spice (reserve 1/4 teaspoon of the spice for the sauce).
3. Spray a very hot cast-iron pan with vegetable cooking spray. Fry breasts for 4 to 6 minutes, or until done (*see note). Remove from pan and slice into thin strips; set aside.
4. Meanwhile, cook pasta according to package directions; drain.

5. Sauté onion and garlic in a small saucepan sprayed with vegetable spray until onion is soft. Add broth, tomato, fresh herbs and reserved Cajun spice. Simmer for 8 minutes. Season with salt to taste.
6. Arrange pasta on a platter. Lay chicken on pasta and drizzle with sauce.