

Cajun Chicken Pasta

Yield:
2 servings



Ingredients:

- 4 ounces linguine pasta
- 2 skinless, boneless chicken breast halves
- 2 teaspoons Cajun seasoning
- 2 tablespoons butter
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 4 fresh mushrooms, sliced
- 1 green onion, chopped
- 1 cup heavy cream
- 1/4 teaspoon dried basil
- 1/4 teaspoon lemon pepper
- 1/4 teaspoon salt
- 1/8 teaspoon garlic powder
- 1/4 cup grated Parmesan cheese

Steps:

- 1: Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- 2: Place the chicken and the Cajun seasoning in a plastic bag. Shake to coat. In a large pan over medium heat, saute the chicken in butter until almost tender (5 to 7 minutes).
- 3: Add the red bell pepper, green bell pepper, mushrooms and green onion. Saute and stir for 2 to 3 minutes. Reduce heat.
- 4: Add the cream, basil, lemon pepper, salt, garlic powder and ground black pepper. Heat through. Add the cooked linguine, toss and heat through. Sprinkle with grated Parmesan cheese and serve.

For Judges Use Only

Please rate this pasta based on:

Taste ___4___ / 5 maximum score

Presentation ___3___ / 5 maximum score

Creativity ___5___ / 5 maximum score

Total Score: ___12___ / 15

Comments: Everything was really good, but the presentation was ok.