

Chicken Spaghetti

CHICKEN SPAGHETTI

COOKING: THIS IS COOKED ON A STOVE TOP AND THEN PLACED IN AN OVEN

PREHEAT OVEN : 350 degrees

ORIGINAL SOURCE

– INGREDIENTS –

1/4 cup butter
1/4 cup flour
2/3 cup chicken broth
1/2 cup half-and-half or 1/2 cup light cream
1/2 cup sour cream
1 cup parmesan cheese, grated
1/4 cup dry white wine
1 -2 garlic clove, minced – (PREP)
1 teaspoon lemon juice – (PREP)
1/2 teaspoon dry mustard
salt and pepper, to taste
3 cups cooked chicken breasts, cubed – (PREP)
8 ounces cooked spaghetti
2 teaspoons paprika
extra Parmesan cheese
chopped fresh parsley – (PREP)

**Once (PREP) Work Marked Above Complete
Time to Cook!**

xxxxxxx **UNIT 1 – CHICKEN** xxxxxxxx
Over Medium/High heat add 1-2 tbsp of vegetable oil
ADD 3 cups chicken breasts, cubed
Cook until not pink and juices run clear
Set aside once cooked

xxxxxxx **UNIT 2 – NOODLES** xxxxxxxx
Bring water to boil
Add 8 oz spaghetti noodles
Cook to specifications on pasta box
drain, rinse,
Set aside once cooked

xxxxxxx **UNIT 3 – SAUCE/COMBINE** xxxxxxxx
Over medium heat
Add: 1/4 cup butter
Once butter has melted
Add: 1/4 cup flour
Stir constantly

When sauce starts to thicken

Add: 2/3 cup chicken broth

Add: 1/2 cup half-and-half or 1/2 cup light cream

Add: 1/2 cup sour cream

Add: 1 cup parmesan cheese, grated

Add: 1/4 cup dry white wine

Add: 1 -2 garlic clove, minced – (NEEDS PREP)

Add: 1 teaspoon lemon juice – (NEEDS PREP)

Add: 1/2 teaspoon dry mustard

Add: salt and pepper, to taste

Stir constantly until sauce starts to thicken again

Add: 3 cups cooked chicken breasts, cubed (UNIT 1)

Add: 8 ounces cooked spaghetti (UNIT 2)

Stir all ingredients until well combined

xxxxxxx **UNIT 4 – BAKE** xxxxxxxx

Pour (UNIT 3) – into a baking dish

Sprinkle on top: 2 teaspoons paprika

Sprinkle on top: extra parmesan cheese

Bake for 30 minutes at 350 deg.

Once baking is done

Sprinkle on top: chopped fresh parsley

Serve