

Blackened Chicken Mac & Cheese

By Chef Andy Rusczyk



INGREDIENTS:

- 1 lb. skinless, chicken breast
- blackening seasoning (1 Tbsp. of paprika, garlic powder, & onion powder)
- 2 Tbsp. extra virgin olive oil
- 8 oz. elbow pasta, whole wheat, dry
- 1 head broccoli, chopped
- 6 oz. baby spinach, rinsed and drained
- 2 garlic cloves, minced
- 1 3/4 cups 1% low-fat milk
- 3 Tbsp. whole wheat flour
- 1 cup cheddar cheese, low-fat, shredded
- 1/2 cup pasta water
- salt & pepper to taste

DIRECTIONS:

1. Preheat oven to 350°F.
2. Season chicken breast with blackening seasoning.
3. Heat pan on high heat with 1 Tbsp. olive oil.
4. Place chicken breast down in pan. Sear each side for 3-4 mins.
5. Transfer chicken to a baking sheet and place it in oven for 12-15 mins or until internal temperature reaches 165°F.
6. Bring a large pot of water to a boil. Cook pasta according to package instructions.
7. Heat 1 1/2 cups milk in another large pot until simmering.
8. In a pan over medium heat, add 1 Tbsp. olive oil and saute broccoli, minced garlic, and spinach until spinach wilted.
9. Whisk remaining 1/4 cup milk, pasta water, flour, garlic powder in a small bowl until combined. Add flour mixture to pot; whisk over heat for 2-3 mins or until sauce thickens.
10. Remove from heat and add cheddar. Whisk until cheddar is melted.
11. Drain pasta and add to cheese sauce. Mix in veggies.
12. Once chicken is cooked, remove from oven. Slice chicken and place on top of 1 cup of mac & cheese.

MEAL KIT SHOPPING LIST



30 min

Yield: 6 servings



8 oz. whole wheat pasta



1% low-fat milk



1 head fresh broccoli



8 oz. low-fat cheddar cheese



1 x 6 oz. spinach bag



5 lb. whole wheat flour



2 garlic cloves



1 lb. chicken breast

Seasonings and more:

- garlic powder
- olive oil
- onion powder
- paprika powder

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Healthy Options.
Cooking at Home

Grocery cost: \$22.09

Recipe cost: \$16.84

Cost per meal: \$2.81

*prices found at Wegmans as of September 2023