

# Rasta Pasta

## By Chef Darian Bryan



### INGREDIENTS:

- 1 lb. chicken breasts
- 3 tsp. jerk seasoning
- 1 Tbsp. olive oil
- 1 cup penne pasta, whole wheat
- 1 green pepper, sliced
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1 tsp. minced garlic
- 1 (14.5 ounce) can chicken broth
- 1¾ cups skim milk
- ¼ cup grated parmesan
- 2 Tbsp. Neufchatel cheese

### DIRECTIONS:

1. Cut chicken into thin strips and coat with jerk seasoning!
2. Heat oil in a large nonstick skillet over medium heat. Add chicken and cook for 4 minutes on each side or until internal temp reaches 165F. Remove chicken from pan and keep warm.
3. Add pasta to the pan and top with pepper strips, green onions, garlic, broth and milk. Stir slightly and cover the pan and bring to a boil.
4. Once it comes up to a boil, reduce the heat to medium-low and cook covered until pasta is tender.
5. Stir-in parmesan cheese and cream cheese.
6. Return chicken to the pan, stir through and enjoy!

# MEAL KIT SHOPPING LIST



25 min

Yield: 6 servings



1 lb. chicken breasts



1 can chicken broth, low sodium



1 box penne pasta, whole grain



1 carton skim milk



1 green bell pepper



1 bag shredded parmesan



1 red bell pepper



1 box Neufchatel cheese



1 yellow bell pepper

## Seasonings and more:

- jerk seasoning
- olive oil



1 garlic clove

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[healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com)

  
*Healthy Options*  
Cooking at Home

Grocery cost: \$23.93

Recipe cost: \$18.74

Cost per meal: \$3.12

\*prices found at Wegmans as  
of August 2024