

Chili Chicken Pasta

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 10-15 minutes

Serves: 4

CChints: This is so quick and easy. You can change up the taste by the type of chili and pasta you purchase.



4 servings multigrain or whole wheat pasta, 7 ounce dry
1 pound skinless, boneless chicken breasts, cut into bite size pieces
1/2 teaspoon salt and dash of pepper
1 Tablespoon olive oil, divided
1/2 medium yellow onion, diced
2- 15 ounce cans of your favorite chili, with or without beans (no meat)
1 Haas avocado
Garnish: 1 cup reduced fat sour cream
2 green onions, green parts sliced thin on a diagonal

Cook pasta according to package directions. You want the pasta to be done when the rest of the dish is done.

Add half of the oil to a nonstick skillet over medium heat. Sprinkle the chicken pieces with salt and pepper. To test if the pan is hot enough, drop 1 piece of chicken into the pan. If it sizzles then it is hot and you can add the rest of the chicken to the pan. Stir often for 3 minutes and add the onions and some additional oil if it is needed. Stir for another 3 minutes and slowly add in the chili. Reduce the heat to medium low, cover and simmer for 5 minutes or until the pasta is done.

To cut the avocado, run a sharp knife lengthwise around the fruit. Gently pull apart to reveal a large round seed. Using your knife, tap the seed with the blade so that it just sticks in it. Gently turn the knife and the seed will pop out. Use a spoon to scoop out the flesh from one side and lay it on a cutting board. Do the same with the other half and then slice each half into sections.

Drain the pasta and put it on a serving platter. Spoon the chili chicken over the pasta and sprinkle with green onions. After plating, put a dollop of sour cream on top and put a few slices of avocado along side.

Enjoy!