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| Pasta on the Porch - Speedy Ziti |
| C:\Users\Owner\Pictures\Food\Speedy Ziti\IMG_1339 - Resized.JPG   |  |  |  | | --- | --- | --- | | 1 | lb | Ziti, Mostaccioli or other medium pasta shape, uncooked | | 12 | oz | chopped, cooked chicken | | 2 | tsp | butter or margarine | | 1 |  | medium onion, chopped | | 1 | Tbs | Dijon mustard | | 2 | Tbs | all-purpose flour | | 2 | cups | low-sodium chicken broth | | 1/4 | cup | lemon juice | | 1 | 10 oz | package frozen peas, defrosted and drained | | 1/4 | cup | fresh parsley, chopped | |  |  | Salt and pepper to taste | |  |  |  | |
| Prepare pasta according to package directions.  C:\Users\Owner\Pictures\Food\Speedy Ziti\SZ1 Cropped.bmp  While pasta is cooking, warm the butter or margarine over medium heat in a large skillet. Add onion and cook for 3 mins.  Stir in the Dijon mustard and flour. Using whisk, very gradually whisk in the chicken broth.  C:\Users\Owner\Pictures\Food\Speedy Ziti\SZ4 - cropped.bmp  C:\Users\Owner\Pictures\Food\Speedy Ziti\SZ5 - Cropped.bmp  Bring the broth to a boil and stir in the lemon juice, peas and parsley.    When pasta is done, drain it well. Toss pasta and cooked chicken with sauce, season with salt and pepper and serve. |
| C:\Users\Owner\Pictures\Food\Speedy Ziti\SZ9.bmp  C:\Users\Owner\Pictures\Food\Speedy Ziti\SZ10 - Cropped.bmp  Servings: 4 |
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