

## Chicken Parmesan Pasta



### Pieza:

5 Qt./4.7 L Multi-Purpose Oil Core

Valora: ★★☆☆☆

### Contribuido por:

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### Descripción de la Receta:

Everyone loves a good pasta dish, throw in chicken and cheese on top of that and what do you call that? AMAZING! This recipe is a show stopper that every one will enjoy. Throw all your ingredients into the 5Qt. MP5 and you'll have a delicious meal ready in 20 mins! Serve with a side salad and garlic bread.

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3 chicken breasts, boneless, skinless, cut into cubes  
1 lb  
rigatoni pasta  
(453  
g)  
½ cup  
italian dressing, light (not creamy)  
(113  
ml)  
24 oz  
marinara sauce  
(654  
ml)  
1 cup

portabella mushrooms, fresh,  
 (86  
 g)  
     1 medium onion, shredded, use Cone #2  
     4 garlic cloves, minced  
     1 cup  
 chicken or vegetable stock, low sodium  
 (237  
 ml)  
     ½ cup  
     parmesan cheese, shredded, use Cone #2  
 (50  
 g)  
     ½ cup  
     mozzarella cheese, shredded, use Cone #2  
 (50  
 g)  
     4 tbsp  
 basil, chopped  
 (20  
 g)  
     ½ tsp  
     red pepper flakes  
 (1  
 g)  
 salt & pepper to taste (optional)

#### Preparación :

1. Preheat MP5 for 7-9 minutes until a sprinkle of water skitters and dissipates.
2. Add onion, garlic and mushrooms. Cover and sauté for 3 mins.
3. Add chicken, italian dressing, rigatoni pasta, marinara sauce, chicken stock, red pepper flakes and basil and combine. Cover and when Vapo-Valve™ begins to click turn heat down to low and cook for for 15 minutes until rigatoni is tender and chicken has cooked through.
4. Combine the mozzarella and parmesan cheeses and add half into the pasta and combine. Top with the remaining cheese and basil. Cover and cook for 2-3 minutes until cheese has melted.
5. Serve hot with a side salad and garlic bread.

#### Consejos:

- omit chicken and chicken stock and add in vegetable stock, zucchini, squash, and egg plant to make a vegetarian dish.

#### Información nutricional por ración

<b>Calorías:</b>	312
<b>Grasa Total:</b>	7g
<b>Grasa</b>	2g
<b>Saturada:</b>	
<b>Colesterol:</b>	19mg
<b>Sodio:</b>	805mg
<b>Carbohidratos:</b>	46g
<b>Fibra</b>	3g
<b>Dietética:</b>	
<b>Azúcar:</b>	6g
<b>Proteína:</b>	15g