



Healthy Kids Thunder Bay

Family Meal video series:

Chicken penne Alfredo, Green Salad Recipes

Chicken Penne Alfredo

Serves 4

Ingredients:

Chicken

- 2 boneless skinless chicken breasts
- 2 Tbsp butter or margarine
- 1 tsp Italian seasoning
- 300 g penne, dry

Sauce:

- 2 Tbsp butter or margarine
- 2 Tbsp flour
- 2 cloves of garlic (or 1 tsp garlic powder)
- 1 tsp onion powder (optional)
- 500 ml milk
- ¼ cup parmesan cheese
- Salt and pepper to taste

Method:

1. Bring a large pot of water to a boil, with 1 tsp salt. Toss your penne noodles into the pot and give it a stir while the water comes back to a boil to avoid the noodles sticking together.

2. Cook for 8 minutes or until it is just cooked, or “al dente”. You don’t want your noodles to be mushy, as they will continue cooking later in the sauce.
3. When done, rinse them under cold water and set aside. If you don’t have a colander. Just pour out as much hot water from your pot and replace with cold water to cool down the noodles. Pour out the cool water, holding the noodles in with the lid.
4. Now for the chicken. Carefully butterfly your chicken breasts by slicing it almost in half and flattening out. Cut directly on the packaging, rather than using a board, to avoid contaminating your board to be used for salad later.
5. Season chicken breasts lightly with Italian seasoning. Heat 2 Tbsp of the margarine from your box in a heavy frying pan on medium/high heat, then add the chicken breast. Fry for about 5 minutes on each side to get some nice browning and cook through. Remove from the pan and place on a plate. Once it’s cool enough to handle, slice with a sharp knife. There should be no pink inside.
6. In the same pan on medium heat, melt the second quantity of margarine and add crushed garlic and onion powder, then the flour and stir well. Let it cook a bit, but not brown, while you continue stirring with a wooden spoon.
7. Now it is time to add the liquid. Switch to a whisk at this time. Add about half of milk and whisk until smooth. Add the rest of the milk when mixture starts to thicken and whisk in thoroughly. Allow your sauce to simmer for a few minutes to cook out the starchy taste.
8. Add the cooked penne and sliced chicken back into the pan. Toss with parmesan. Taste to season with salt and pepper. Notice that the penne will continue to cook in the sauce. If you don’t eat it right away, just keep on very low heat and add a bit of milk or water right before serving if it seems a bit dry. Enjoy!

Variations:

Spinach and chicken alfredo – As soon as you add the cooked pasta back to the sauce, you may add one big handful of fresh spinach or 150 g of frozen spinach that has been defrosted and lightly squeezed. The spinach will wilt quickly in the heat. Continue on with adding parmesan and season to taste.

Vegetarian mushroom and spinach alfredo – you can simply remove the chicken breast from this recipe and replace with 1 250g package of mushrooms during the first step. Slice each mushroom in half, and fry in 2 Tbsp margarine until the water has evaporated and they begin to brown. Remove and continue with recipe.

Green salad with classic lemon and garlic vinaigrette

Serves 4

Ingredients:

- 1 head romaine lettuce
- ½ cucumber
- ¼ red onion
- Small handful grape tomatoes

Dressing:

- 1 small lemon, juiced
- ½ cup olive oil
- 1 clove garlic
- 1 Tbsp honey mustard
- Salt and pepper to taste

Method:

1. First, prep your dressing. Whisk together the lemon, garlic, and honey mustard.
2. Add olive oil in thin stream while continuing to whisk, until mixture is well mixed and does not separate easily. Set aside for flavours to get to know one another.
3. Meanwhile, cut romaine, (see method on video) rinse and spin. If you don't have a salad spinner, just rinse out full lettuce leaves and lay on paper towels to pat dry.
4. Wash your veggies well, then slice cucumber into half moons and red onion into thin slices. Half the grape tomatoes. (see method on video)
5. To serve toss half of the dressing with your lettuce. Taste first then add a bit more until you are happy with the flavour. Serve immediately.