

Chicken & peas shells and cheese



Prep Time: 25 Minutes

Start to Finish: 25 Minutes

Ingredients:

- o 2 boxes (6 oz each) Annie's Shells & White Cheddar Macaroni & Cheese
- o 1 cup frozen sweet peas
- o 1 cup chopped cooked chicken
- o 1/2 cup milk
- o 4 tablespoons butter, cut into tablespoons
- o 1/4 teaspoon salt
- o 1/4 teaspoon pepper
- o 1/4 cup shredded Italian cheese blend (2 oz)

Method:

1. In 4-quart saucepan or Dutch oven, heat 2 quarts water to boiling. Add pasta (from both boxes); return to boiling. Cook 9 minutes, stirring occasionally.
2. Stir in frozen sweet peas and chicken; return to boiling. Cook 1 to 3 minutes longer, stirring frequently, until pasta and peas are cooked to desired doneness; drain and return to saucepan.
3. Remove from heat. Stir in milk, butter, cheese packages (from both boxes), salt, and pepper.
4. Transfer to serving bowl. Top with cheese.

6 servings (1 cup each)

1 Cup: Calories 390 (Calories from Fat 140); Total Fat 16g (Saturated Fat 9g, Trans Fat 0g); Cholesterol 60mg; Sodium 640mg; Total Carbohydrate 44g (Dietary Fiber 3g, Sugars 6g); Protein 18g

% Daily Value: Vitamin A 15%; Vitamin C 0%; Calcium 20%; Iron 8%;

Exchanges: 2 1/2 Starch, 1/2 Other Carbohydrate, 1 Very Lean Meat, 1/2 High-Fat Meat, 2 Fat Carbohydrate Choice: 3

Swap in cooked steak, turkey, or ham for the chicken in this versatile dish. For even more veg, serve this pasta dinner with a prepared bagged salad.