Creamy Cajun Chicken Pasta

served with Broccoli, Onions and Garlic and Banana-Peanut Butter Oatmeal

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THIS DISH IS PART OF A MEAL THAT MEETS TARGET 2 SODIUM LEVELS
Creamy Cajun Chicken Pasta

**Prep Time:** 10 min  
**Total Time:** 40 min  
**Serves:** 4

### Ingredients
- 4 breadsticks (frozen dough, uncooked)
- 1 cup nonfat milk
- 2 tablespoons brown gravy mix
- 2 cups whole grain penne, uncooked
- 16 slices chicken deli meat
- 8 ounces shredded mozzarella cheese
- 2 teaspoons Cajun seasoning

### Directions
1. Bake the breadsticks according to package directions.
2. Combine the milk and gravy mix in a medium saucepan. Cook according to package directions.
3. Meanwhile, cook the pasta in boiling water until al dente. Drain.
4. Dice the chicken deli meat. Add the cheese, Cajun seasoning, chicken and pasta to the saucepan. Toss to coat.
5. Serve the pasta with a breadstick on the side. Enjoy!
Broccoli and Onions and Garlic

Prep Time: 5 min    Total Time: 15 min    Serves: 4

**Ingredients**

1 teaspoon oil
2 tablespoons minded yellow onion
1 teaspoon chopped raw garlic
2 cups fresh broccoli florets

**Directions**

1. Heat oil in a large skillet. Add onions and cook until softened.
2. Add garlic and cook just until fragrant.
3. Add broccoli and cook until tender crisp.
4. Serve and enjoy!
**Banana-Peanut Butter Oatmeal**

*Prep Time: 2 min    Total Time: 10 min    Serves: 4*

**Ingredients**
- 1 cup rolled oats
- 4 bananas
- 4 tablespoons creamy peanut butter

**Directions**

1. Cook rolled oats with water according to package directions.

2. Meanwhile, mash the banana and peanut butter together.

3. In a cup, layer the ingredients. Place a layer of oatmeal on the bottom, then a layer of banana and peanut butter, then more oatmeal on top. Repeat with the remaining three servings.

4. Serve and enjoy!