

# *Creamy Cajun Chicken Pasta*

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

*Created by Bryanna Lopez from Los  
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THIS DISH IS PART OF A MEAL THAT MEETS TARGET 3 SODIUM LEVELS!

# Creamy Cajun Chicken Pasta

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

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## *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, Onions and Garlic

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Serves: 4

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## Ingredients

1 teaspoon oil

2 tablespoons minced

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

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Serves: 4

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## 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!

