

## **Quick Cajun Chicken Penne**

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**Servings: 6**

**1 pound penne pasta**  
**4 (five ounce each) boneless/ skinless chicken breast halves**  
**2 teaspoons blackened seasoning**  
**2 containers (10 oz each) refrigerated Alfredo sauce**  
**2 plum tomatoes**  
**3 green onions, thinly sliced**

Preheat the grill.

Cook the pasta according to package directions.

Sprinkle the chicken with the blackened seasoning.

Grill, covered, over medium heat for 5 to 8 minutes on each side or until a thermometer reads 170 degrees. Cut into bite-size pieces.

Heat the Alfredo sauce until warm. Toss with the cooked pasta, chicken, plum tomatoes and green onions.

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Per Serving (excluding unknown items): 327 Calories; 5g Fat (13.7% calories from fat); 11g Protein; 59g Carbohydrate; 2g Dietary Fiber; 12mg Cholesterol; 118mg Sodium. Exchanges: 3 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.