
Cheesy Chicken Penne

The Essential Southern Living Cookbook

Preparation Time: 10 minutes

Start to Finish Time: 20 minutes

8 ounces uncooked penne pasta

1 loaf (16 ounce) pasteurized prepared cheese product, cubed

1 container (8 ounce) sour cream

1/2 cup milk

2 1/2 cups cooked chicken, chopped

Cook the pasta in salted water according to package directions. Drain.

In a saucepan, heat the cubed cheese, sour cream and milk over medium-low heat, stirring constantly, for 5 minutes or until the cheese melts.

Stir in the pasta and chicken. Cook through.

Yield: 4 to 6 servings

Pasta

Per Serving (excluding unknown items): 1173 Calories; 68g Fat (53.2% calories from fat); 119g Protein; 16g Carbohydrate; 0g Dietary Fiber; 416mg Cholesterol; 452mg Sodium. Exchanges: 15 1/2 Lean Meat; 1 Non-Fat Milk; 10 1/2 Fat.