

Maine Arts Camp

Recipe Name: Buffalo Chicken Pasta
Chef: Charles Limoggio CEC

Preparation Time:
Servings: 8

Quantity	Unit	Ingredient Name	Prep Notes
1	Pound	Penne	Or other medium pasta shape
1	Teaspoon	Paprika	
½	Teaspoon	Kosher salt	
½	Teaspoon	Granulated garlic	
½	Teaspoon	Ground black pepper	
1	Pound	Chicken breast	Boneless, skinless
2	Teaspoons	Vegetable Oil	
1	Teaspoon	Frank's Hot Sauce by Durkee	Or up to 2 teaspoons
1	Cup	Sliced celery	
½	Cup	Red onion	Chopped small
1	Cup	Low-fat mayonnaise	
½	cup	Low-fat blue cheese salad dressing	
¾	Cup	Skim milk	
2	Tablespoons	Crumbled blue cheese	

Procedure:

1. Prepare pasta according to package directions. While pasta is cooking, combine paprika, salt, garlic powder and pepper; sprinkle over chicken, stirring to coat. Add 1 teaspoon oil to a large skillet and heat over medium-high heat. Add chicken to skillet and sauté over medium-high heat, stirring frequently, until chicken is golden brown and cooked through, about 4 minutes. Add hot sauce; cook 1 minute. Remove chicken from skillet. Add remaining teaspoon of oil to skillet; add celery and onion and sauté 2 minutes.
2. Combine mayonnaise, dressing and milk in a small bowl. Add to vegetables in skillet. Add chicken. Stir constantly and cook over medium-low heat until thoroughly heated. When pasta is done, drain and return to pot. Add contents of skillet to pot and mix well. Transfer to serving dish and sprinkle with cheese. Serve immediately.

Notes: