

## ***Creamy Chicken Pasta***

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 10 minutes

Serves: 4

**CChints:** Look at the cooking directions on your package of noodles. The chicken and sauce take 10 minutes to cook, so you will want to start your pasta so it will be done when the sauce is done. Remember to allow time for the water to come to a boil.



2 cups cooked whole wheat or multi-grain flat noodles  
1 tablespoon olive oil  
1/2 cup yellow onion, chopped  
1 stalk celery, thinly sliced and diced  
1 teaspoon garlic salt  
2 cups cooked chopped chicken, diced  
1 can Cream of Chicken soup  
1-1/2 cup skim milk  
Salt and pepper to taste  
Side vegetable of your choice

Optional - Quick and easy garlic toast – see recipe below. You can either toast wheat sandwich bread in a toaster or counter oven which will take about 5 minutes and can be made near the end of the recipe. Or make a loaf with French or baguette bread which will take about 15 minutes which means you should start it now. Both require butter and garlic salt.

Prepare to cook your noodles according to package directions. The water will come to a boil faster if the pot is covered.

Heat oil in a large nonstick sauté pan over medium heat. Add the onions and celery and cook about 5 minutes until they soften. In a mixture bowl, blend the garlic salt, soup and milk together to make the sauce. Reduce the heat to medium-low and pour the sauce into the sauté pan. Stir in the chicken and cook 8-10 minutes until the chicken is heated through, stirring occasionally.

Use this time to cook and drain the noodles and start your side dish.

Turn off the heat under the sauce and gently mix the noodles and sauce together in the sauté pan if it is large enough or a large serving bowl. Cover and let stand for 5-7 minutes to allow the pasta to absorb the flavor of the sauce.

Serve warm with your side vegetable and garlic toast.

**Garlic Toast** – If you only want 4 – 6 pieces of toast you may want to use the wheat or multi-grain sandwich bread method. Toast the bread to your desired darkness. When each piece is done, quickly spread on butter and sprinkle lightly with garlic salt. Serve warm.  
For a loaf of French or baguette bread – heat the oven to 250 F. Slice the loaf into 1 inch pieces. Spread one side of each piece of bread with butter and sprinkle lightly with garlic salt. Tear a piece of foil long enough for the loaf of bread plus about 6 inches. Assemble the loaf on the foil and wrap it up tightly. Bake for 12 – 15 minutes. Caroleicious!