

White Cream-Based Penne Pasta

Time: 40 minutes | Servings: 12-15

INGREDIENTS

- 12 oz penne pasta
- 8 oz cremini mushrooms, thinly sliced
- 2 cups packed of baby spinach
- 1 cup of rotisserie/ prepared chicken (optional)
- ½ cup sundried tomatoes, coarsely chopped
- ½ cup parmesan cheese

BÉCHAMEL-BASED SAUCE

- 1 tbsp of olive oil or oil from the sun dried tomatoes
- 3 tbsp unsalted butter
- 1 tsp minced garlic
- 3 tbsp flour
- 1 cup chicken stock (or vegetable stock)
- 1 cup of whole milk
- ½ tsp Italian seasoning
- 5 tablespoon parmesan cheese
- Salt and pepper to taste

INSTRUCTIONS

1. Cook the pasta according to package directions*. Drain and set aside the pasta in a large mixing bowl.
2. Once your pasta is drained, place the same pot back onto the stove over medium heat. Into the pot, add 1 tablespoon of oil from the sun dried tomatoes then add in the mushrooms stirring for 3-4 minutes. You should hear a sizzle and see a golden brown color on the mushrooms to indicate that they are done. Add in the coarsely chopped tomatoes and stir for another 1-2 minutes until fragrant. Once the tomatoes are fragrant, dump this mixture on top of the set aside Penne.
3. In the same pot again (return to the burners and put at medium-high heat), add 1 more tablespoon of sundried tomato oil and the butter. Once the butter is melted, stir in the garlic until it becomes fragrant, about 30 seconds. Slowly add in the flour, whisking constantly. Whisk for one minute to fully cook off the flour.
4. Slowly add the chicken broth while whisking at the same time, then slowly add the milk, continuing to whisk. Increase the heat to high and allow the mixture to get to a boiling point and then reduce and allow to simmer until thickened, stirring occasionally.
5. Add in the Italian seasoning and Parmesan cheese and season with salt and pepper to taste.

6. Once the sauce has thickened add the pasta + veggie mixture that was set aside. Lastly, add the spinach into the pot over medium-high heat until it begins to wilt (2-3 minutes). Stir the ingredients until combined and add in the 1/2 cup Parmesan cheese at the very end.
7. Stir and enjoy immediately garnished with fresh thyme if desired.