



Recipe by A Kitchen Hoor (@flowerfroggirl)

Yield: 4

Ingredients

- 1 pound chicken breast, skinned and boned
- 1 t garlic salt
- 1 t smoked paprika
- 8 oz whole wheat penne
- 1 1/2 c fat free milk
- 2 T all-purpose flour
- 2 oz low fat cream cheese, Neufchatel cheese
- 6 slices fat free Pepper Jack cheese

Cooking Directions

1. Sprinkle the chicken breasts with the garlic salt and smoked paprika.
2. Heat a non-stick skillet coated with cooking spray over medium heat. Add chicken and cook 7 minutes on each side or until done.
3. Cook penne according to package directions omitting salt and fat.
4. Combine the milk, flour, and cream cheese in a small saucepan over medium-low heat. Stirring occasionally, cook the milk mixture until bubbly and thick. Remove from heat and add pepper jack cheese, stirring until melted.
5. Pour the cheese sauce over the penne and serve with the chicken.