

# Cajun Chicken Pasta

**Prep time: 15 minutes**

**Cook Time: 15 minutes**

**Ready in: 30 minutes**

**Serves: 4**

## **Ingredients:**

1/2 pound linguine pasta  
4 boneless, skinless chicken breast halves, sliced into thin strips  
1 tablespoon and 1 teaspoon Cajun seasoning  
1/4 cup butter  
2 green bell pepper, chopped  
1 red bell pepper, chopped  
8 fresh mushrooms, sliced  
2 green onion, minced  
3 cups heavy cream  
1/2 teaspoon dried basil  
1/2 teaspoon lemon pepper  
1/2 teaspoon salt  
1/4 teaspoon garlic powder  
1/4 teaspoon ground black pepper  
1/4 cup grated Parmesan cheese

## **Directions:**

1. Bring a large pot of lightly salted water to a boil. Add linguine pasta, and cook for 8 to 10 minutes, or until al dente; drain.
2. Meanwhile, place chicken and Cajun seasoning in a bowl, and toss to coat.
3. In a large skillet over medium heat, saute chicken in butter until no longer pink and juices run clear, about 5 to 7 minutes. Add green and red bell peppers, sliced mushrooms and green onions; cook for 2 to 3 minutes. Reduce heat, and stir in heavy cream. Season the sauce with basil, lemon pepper, salt, garlic powder and ground black pepper, and heat through.
4. In a large bowl, toss linguine with sauce. Sprinkle with grated Parmesan cheese.

## **Serving Nutritionals**

Calories Per Serving: 1109

Total Fat: 82.2g

Cholesterol: 348mg

*Taken from allrecipes.com*

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