

Cajun Style Pasta

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Ingredients

1 tsp. real butter OR olive oil
2 cloves garlic – minced
12 med. raw shrimp – peeled, deveined
1/2 lb. boned, skinned chicken breasts – diced
2 1/2 Tbs. all-purpose flour
2 cups milk – low-fat okay
2 Tbs. dry sherry
1/4 cup grated Parmesan cheese – low-fat okay
1/4 tsp. cayenne pepper
4 plum tomatoes – seeded, chopped
1/2 cup frozen peas
salt and pepper – to taste
2 cups cooked linguine

Directions

Melt the butter in a large non-stick skillet over medium-high heat.

Add the garlic and cook for 1 minute.

Add the shrimp and chicken. Pan-fry until the chicken is cooked through, about 3-4 minutes.

Whisk the flour, milk, sherry, and Parmesan cheese together. Pour into the skillet and bring to a boil while stirring.

Reduce heat to medium and continue to cook for about 5 minutes, until the mixture has thickened, stirring occasionally.

Add the cayenne and fold in the tomatoes and peas.

Cook until heated through.

Season to taste with salt and pepper.

Arrange the linguine on individual plates and spoon the sauce over the top.