

# **SIMPLY GOOD with**

## **Monday, MAY 19, 2022**

### **Chicken Bacon Spinach Penne**

#### **Ingredients**

2 T. olive oil	1 T. crushed red pepper
1 lb. chicken (breast or tenders)	6 bacon strips, cooked, drained, chopped
1 tsp. paprika	1 1/3 c. half & half
1 tsp. Italian seasoning	1 1/3 c. Parmesan cheese, shredded
5 medium tomatoes, cubed large	10 oz. penne pasta
1 c. cooked spinach	½ c. Parmesan cheese, grated
5 garlic cloves, minced	

#### **Instructions:**

In a large skillet, on high heat, heat 2 tablespoons of olive oil until hot. Add chicken and cook on one side on high heat for 1 minute. While it cooks, sprinkle the uncooked sides of the chicken with paprika and Italian seasoning. Flip the chicken over, and cook on the other side for 1 minute on high heat. Reduce heat to medium; flip chicken over again and cook, covered, for several minutes until no longer pink in the center. Remove chicken from the pan and keep chicken warm.

To the same pan (but without chicken) add cubed tomatoes, spinach, garlic, crushed red pepper, 1/3 of the chicken (sliced into small strips), and half the bacon. Mix everything.

Add half & half, and bring to a boil. After half & half starts boiling, add shredded Parmesan cheese. Immediately reduce to simmer and stir, while simmering, until the cheese melts and makes the sauce creamy—only about 1 minute (at most 2 minutes). Then immediately remove from heat. Season with more crushed red pepper and salt, if needed. In the meantime, bring a large pot of water to boil; add pasta and cook it according to instructions. Drain the pasta, rinse with cold water, and drain again.

Add pasta to the skillet with the sauce. Add remaining half of bacon. Season with more salt if necessary. Slice the remaining 2/3 of chicken into thin strips. To serve, top the pasta with chicken strips and grated Parmesan cheese.

#### **NOTES:**

1. The Italian seasoning should be a combination of thyme, oregano, and basil.
2. For a gluten-free version, use gluten-free brown rice penne, such as Tinkyada.

# Mom's Famous Cream Puffs

## Nana's Kitchen

### Ingredients

	Puffs	Filling
1 stick of butter		1 pt. heavy cream (2 cups)
1 c. water		1 pkg. (3.4 oz.) instant vanilla pudding
1 tsp. vanilla		1/3 c. milk
1 c. flour		
4 eggs		

### Instructions:

Boil the water, butter, and vanilla. Add flour. Stir constantly until it leaves the side of the pot and forms a ball. Fold into a mixing bowl. Add the eggs, one at a time, until smooth and glossy. Drop by cookie dipper onto parchment-lined cookie sheets, and bake at 400°F. for about 40 minutes. Do not open oven door while shells are baking. Makes 12 shells.

Beat filling ingredients in a blender until thick. Cut shells in half and fill with filling. Sprinkle with powdered sugar or pour melted chocolate on top.

Enjoy!

NOTE: You may use any flavor of pudding instead of vanilla. You may also fill the shells with any filling you choose.