

# Creamy Caesar Chicken Pasta

## Ingredients

- 2 boneless skinless chicken breasts
- 3 teaspoons lemon pepper seasoning
- 1 cup Caesar salad dressing, divided
- 1 cup milk
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 2 cups chicken broth
- 12 oz. angel hair pasta
- ½ cup finely shredded parmesan cheese
- 2 tablespoons lemon juice
- Ground pepper
- Parsley flakes



## Instructions

Cut the chicken into bite-sized pieces. Sprinkle with the lemon pepper seasoning. Place in a gallon zipper baggie along with ¾ cup of the Caesar dressing (reserve the remaining ¼ cup for the pasta sauce). Seal the bag and move the chicken around until it is coated in the dressing. Refrigerate for at least 20 minutes.

Once the chicken is done marinating and you are ready to cook it, whisk the remaining ¼ cup of Caesar dressing into the cup of milk. Set aside. Heat the oil over medium-high heat in a Dutch oven or large high-walled skillet. Add the chicken and cook, stirring frequently, until cooked through, about 5-7 minutes. Remove the chicken from the pan and set aside.

Reduce the heat under the pan to medium and add the minced garlic. Heat for one minute, then add the chicken broth and milk/Caesar dressing mixture. Add the angel hair pasta (it will bend as it heats so you can stir it all the way in). Use kitchen tongs to periodically stir the softened noodles as they cook. Cook for 4-5 minutes.

Decrease the heat to low. Sprinkle with the parmesan cheese and use the tongs to toss, allowing the cheese to melt. Return the chicken to the pan and add the lemon juice. Stir gently to combine. Sprinkle with ground pepper and parsley flakes before serving. Yield: 5 servings.

*Please note that the nutrition facts are estimated based on the ingredients and preparation instructions described in the recipe. They are intended to be used for informational purposes only.*

## Nutrition Facts

Servings: 5

Amount per serving

**Calories** **436**

% Daily Value\*

**Total Fat** 27.7g **36%**

Saturated Fat 6.7g **33%**

**Cholesterol** 97mg **32%**

**Sodium** 758mg **33%**

**Total Carbohydrate** 14.5g **5%**

Dietary Fiber 0.5g **2%**

Total Sugars 4.9g

**Protein** 32.4g

Vitamin D 0mcg **1%**

Calcium 190mg **15%**

Iron 2mg **10%**

Potassium 351mg **7%**

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**