

# Creamy Cajun Chicken Pasta

## Ingredients

For the Cajun seasoning

- 2 teaspoons smoked paprika
- 1 teaspoon oregano
- ½ teaspoon thyme
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon cayenne pepper
- ¼ teaspoon black pepper
- ¼ teaspoon salt

For the chicken pasta

- 1 tablespoon vegetable oil
- 1 tablespoon butter
- 1 lb. boneless, skinless chicken breasts
- 1 medium yellow onion, diced
- ½ lb. penne pasta
- 1 can (15 oz.) fire-roasted diced tomatoes
- 2 cups chicken broth
- 2 oz. cream cheese, softened

## Instructions

In a small bowl, combine the ingredients for the Cajun seasoning. Cut the chicken into bite-sized cubes, then coat in the Cajun seasoning.

In a Dutch oven or high-walled skillet, heat the oil and butter over medium-high heat. Add the seasoned chicken and cook for a couple minutes on each side (the chicken does not need to be thoroughly cooked at this point).

Add the onion and continue to sauté for about 2 minutes, or until the onion begins to soften. Next, add the pasta, the fire-roasted diced tomatoes (with the juices), and the chicken broth. Stir until just combined, then cover with a lid and allow the broth to come to a boil.

Once boiling, reduce the heat to medium-low and let the pasta simmer for about ten minutes, stirring every few minutes, until the pasta is al dente and the liquid is thick and saucy.

Add the cream cheese in chunks, then stir until it has melted into the sauce. Yield: 4 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: 4

Amount per serving

**Calories** **522**

% Daily Value\*

**Total Fat** 21.7g **28%**

Saturated Fat 8.3g **42%**

**Cholesterol** 166mg **55%**

**Sodium** 590mg **26%**

**Total Carbohydrate** 36.3g **13%**

Dietary Fiber 1.1g **4%**

Total Sugars 1.6g

**Protein** 43.5g

Vitamin D 2mcg 10%

Calcium 57mg 4%

Iron 4mg 23%

Potassium 611mg 13%

\*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**