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Baked Penne with Chicken and Sun-Dried Tomatoes

Each baking dish serves four; bake one tonight, and freeze the other for a ready-made dinner later on. When ready to cook, bake it straight from the freezer.



Serves: 8

Total Time: 1 hr

Prep Time: 35 min

Oven Temp: 400

Nutritional Information (per serving)

Calories	--
Total Fat	--
Saturated Fat	--
Cholesterol	--
Sodium	--
Total Carbohydrate	--
Dietary Fiber	--
Sugars	--
Protein	--
Calcium	--

Ingredients

- 6 tablespoon(s) butter, plus more for baking dishes
- Coarse salt
- Ground pepper
- 1 pound(s) penne rigate
- 1 teaspoon(s) olive oil
- 2 (8 ounces each) boneless, skinless chicken breast halves, halved horizontally
- 1/2 cup(s) all-purpose flour, spooned and leveled
- 2 tablespoon(s) all-purpose flour, spooned and leveled
- 4 clove(s) garlic, minced
- 6 cup(s) whole milk
- 10 ounce(s) white mushrooms, trimmed and thinly sliced
- 1/2 cup(s) oil-packed sun-dried tomatoes, drained and thinly sliced
- 1 1/2 cup(s) (6 ounces) shredded provolone
- 1 cup(s) (4 ounces) finely grated Parmesan

Directions

1. Preheat oven to 400 degrees F. Butter two shallow 2-quart baking dishes. In a large pot of boiling salted water, cook pasta 3 minutes short of al dente; drain pasta, and return to pot.
2. In a large nonstick skillet, heat oil over medium-high. Season chicken with salt and pepper; cook until opaque throughout, 3 to 5 minutes per side. Halve each piece lengthwise, then thinly slice crosswise.
3. In a 5-quart Dutch oven or heavy pot, melt butter over medium. Add flour and garlic; cook, whisking, 1 minute. While whisking, gradually add milk; bring to a simmer, whisking frequently. Add mushrooms and tomatoes; cook 1 minute. Off heat, gradually stir in provolone and 1/2 cup Parmesan.
4. Add chicken and pasta to pot; season with salt and pepper. Divide pasta mixture between baking dishes; sprinkle each with cup Parmesan.
5. Bake, uncovered, until top is golden and bubbling, about 25 minutes. Let stand 5 minutes before serving.
6. **To make ahead**, prepare through step 4; let cool. Cover tightly with foil, and freeze, up to 3 months. Preheat oven to 400 degrees F, and bake (still covered in foil) on a rimmed baking sheet until center is hot, about 1 1/2 hours. Remove foil; bake until golden, about 15 minutes more.

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