

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

# Creamy Chicken Penne

**Date:**

## **Additional Ingredients:**

- 4 oz Greek or Low-Fat Cream Cheese
- 8 oz Penne Pasta

**Freezer Meal** *Prep*

## **Stove Top:**

1. Allow meal to thaw overnight in the fridge, OR in the sink submerged in cold water.
2. Add thawed contents of freezer bag to large skillet or pot with 4 oz of cream cheese.
3. Over medium heat, bring to boil and then simmer for 10-15 minutes, stirring occasionally until chicken is cooked through.

## **Slow Cooker:**

1. Empty frozen contents of bag into slow cooker.
2. Cook on low 3-4 hrs, or to internal temperature of 165 F.

## **Pressure Cooker:**

1. Empty frozen contents of bag into a pressure cooker, add 1/4 cup liquid.
2. Turn the pressure to high and cook for 20 minutes, quick pressure release.

## **Additional Instructions:**

1. Cook 8 oz Penne Pasta noodles according to package direction
2. Shred chicken and return to pot.
3. Add 4 oz Greek or Low-Fat Cream Cheese and mix until well combined.
4. Allow the meal to cook or sit on a warm setting for an additional 5-10 minutes so that the chicken and noodles can soak up some of the juices.
5. Serve with a side of dark green salad.