

## *Idiot's Kitchen Recipe – Chicken Tetrazzini*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



### Ingredients:

3 Chicken Breast Halves (baked and diced)  
1 Large Onion (diced)  
1 Red Bell Pepper (diced)  
1 Pound Mushrooms (sliced)  
4-5 Garlic cloves (diced)  
2-3 Tablespoons Olive Oil  
¾ -1 Pound Whole Wheat Linguini  
½ Stick (4 Tablespoons) Butter  
1/3 cup Flour  
½ cup White Wine (something dry like Sauvignon Blanc or Pinot Grigio)  
1 cup Milk (whole milk is preferable)  
1 cup low-sodium Chicken Broth  
1 cup frozen Peas  
1 ½ cups Pecorino Romano cheese (or parmesan)  
½ teaspoon dried Thyme  
Salt & Pepper

Pre-heat the oven to 350 degrees.

If you need to cook the chicken breasts, place them on a foil lined sheet pan, drizzle with olive oil and sprinkle with salt & pepper. Bake at 350 degrees for 40-45 minutes until golden brown and the juices run clear. Allow the chicken to cool, discard the skin and remove the meat from the bones. Dice the meat into bite sized pieces and set aside in a very large mixing bowl.

Coat the bottom of a large skillet with 2-3 Tablespoons Olive Oil. Sauté 1 large chopped onion, 1 chopped red bell pepper and 1 pound of sliced mushrooms until tender but not browned. When the mushrooms have released their liquid (about 5 minutes) add 4-5 cloves of chopped garlic. Cook the garlic for a minute and then add the vegetable mixture to the bowl of chicken.

Boil a box (depending on the brand it could be anywhere from  $\frac{3}{4}$  to 1 pound of pasta) of whole wheat linguini in a large pot of boiling salted water. Cook the pasta for about 8 minutes until it is tender but still firm in the middle. We want to undercook the pasta just a bit as it will continue to cook in the oven. Before you drain the pasta, reserve 1 cup of the starchy cooking liquid in case you need to thin out the sauce later. Drain the pasta and add it to the chicken and vegetables.

Melt  $\frac{1}{2}$  stick butter in the pan you used to cook the vegetables. Add  $\frac{1}{3}$  cup flour and stir to make a roux. Add  $\frac{1}{2}$  cup white wine and stir/whisk to remove any lumps. Add 1 cup of milk and 1 cup of chicken broth. Stir the sauce to remove any lumps while bringing it to a gentle boil for maximum thickness. Pour the sauce over the pasta in the big bowl.

Add 1 cup (or more) of frozen peas, 1 cup of grated Pecorino Romano cheese,  $\frac{1}{2}$  teaspoon dried thyme, and salt and pepper to taste. Stir the pasta mixture together. If it is too thick, add a bit of the reserved pasta liquid. Spray a large casserole (9 x 13) with cooking spray and pour in the pasta mixture.

Top with the remaining  $\frac{1}{2}$  cup of Romano cheese. Bake at 350 for 30 minutes until bubbly and golden brown.