

Baked Cheesy Chicken Penne

Yield: 9 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-baked-penne-rigate-recipe>

Ingredients:

- 6 tablespoons butter plus more for baking dishes
- black pepper kosher salt and
- 1 pound penne rigate I used a 14.5 oz box of Ronzoni Smart Taste Penne Rigate
- 1 teaspoon olive oil
- 2 boneless, skinless chicken breast halves about 8 ounces each, halved horizontally, I used some leftover cooked chicken
- 1/2 cup flour
- 6 garlic cloves finely minced
- 6 cups whole milk
- 10 ounces cremini mushrooms or white, trimmed and thinly sliced, I used 8 oz of button mushrooms
- 1 cup oil sliced, packed sun-dried tomatoes, drained
- 1 1/2 cups provolone shredded, 6 ounces, I used an italian blend that had provolone in it
- 1 1/2 cups freshly grated Parmesan about 6 ounces

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 65 milligrams
4. Fat: 49 grams
5. Fiber: 1 grams
6. Protein: 19 grams
7. SaturatedFat: 17 grams
8. Sodium: 580 milligrams
9. Sugar: 9 grams

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