

Artichoke Heart, Broccoli & Chicken Pasta with Peas

My own concoction, 2013

Internet address:



CREAM SAUCE:

7 ounces artichoke hearts, packed in water, drained, chopped

2 tablespoons parsley, chopped

2 tablespoons Parmigiano-Reggiano cheese, grated

1 1/2 teaspoons lemon zest

1 small garlic clove, minced

1/4 teaspoon ground black pepper

1/8 teaspoon salt (taste first, may not need it)

3 1/2 ounces cream cheese, low fat is okay

1 1/2 tablespoons fresh lemon juice

1/4 cup half and half, or more if needed

PASTA:

12 ounces linguine, use thin variety if available

1 1/2 cups broccoli florets

14 ounces artichoke hearts, packed in water, drained, chopped

1 1/2 cups cooked chicken, cut in cubes

2/3 cup frozen peas

1 1/2 tablespoons fresh lemon juice (taste first)

1/2 cup Parmigiano-Reggiano cheese, grated (garnish)

Servings: 4

Notes: this recipe came to be because I made a dip (Artichoke Lemon Dip). With what was left over, I added some half and half and began making this pasta dish. If you want to alter the sauce, use half cream cheese and half Greek yogurt, which will reduce some of the fat in this. If you want to make the dip, double the quantity of the dip ingredients (without half and half), remove half for the dip, then use the other half, with the half and half in the sauce. No one would be the wiser if you served the dip as a prelude to this pasta.

1. SAUCE: Check artichoke hearts for tough ends - taste one or two at the outer end - if it's tough, cut off the tough 1/4 to 1/2 inch on each one. In a food processor combine the softened cream cheese and artichoke hearts (chopped up into pieces) with parsley, lemon zest, garlic, salt, pepper and lemon juice. Process until thoroughly combined. If time permits, allow to sit for a few hours to meld flavors.

2. Steam the broccoli in the microwave for just a minute or two until the florets are cooked, but not mushy. Set aside. Drain artichoke hearts and check these for tough ends - chop them off if necessary. Cut artichoke hearts in quarters and set aside.

3. Bring a large pot of water to a boil; add about 2 tsp salt to water, then add linguine and cook just until pasta is al dente, about 7-8 minutes.

4. Meanwhile, in a large skillet place the sauce mixture over low heat. Add some half and half to thin the sauce and heat until it's warm. Add the broccoli, artichoke hearts, cooked chicken and heat just until heated through. Thin with more half and half if necessary. Add peas and cook them just a minute or two until they're tender.

5. Drain pasta and pour pasta into the sauce mixture and stir until the pasta is well coated. Taste and add salt, pepper or more lemon juice, or more half and half if needed. Use tongs or large spoons to place on individual plates. Garnish with grated Parmigiano cheese. If Italian parsley is available, sprinkle some on top.

Per Serving (excluding unknown items): 676 Calories; 18g Fat (24.0% calories from fat); 42g Protein; 88g Carbohydrate; 12g Dietary Fiber; 87mg Cholesterol; 602mg Sodium. Exchanges: 4 1/2 Grain(Starch); 3 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>