



# CHICKEN WITH BROCCOLI AND PASTA

This recipe provided by: Chef Michelle Strom of MRS Gourmet Chef  
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Cooking Demonstration– May 10, 2014

## INGREDIENTS

- 2 cups uncooked rainbow spiral pasta
- 2 cups broccoli flowerets
- 1 cup light sour cream
- 2 teaspoons all-purpose flour
- 1/2 cup milk
- 1 1/2 cups diced cooked chicken breasts
- 3/4 teaspoon dried basil leaves
- 4 1/2 ounces sliced mushrooms
- 4 tablespoons grated Parmesan cheese

## DIRECTIONS

1. In a large saucepan or Dutch oven, cook spiral pasta or similar pasta according to package directions, adding broccoli during the last 5 minutes of cooking.
2. Meanwhile, in a medium saucepan, combine sour cream and flour; blend well. Stir in milk; cook over medium heat, stirring constantly, until hot but not boiling.
3. Stir in chicken, basil, mushroom, and 3 tablespoons of the cheese. Cook until heated through.
4. Drain pasta and broccoli; return to saucepan. Add the chicken mixture; toss gently to coat.
5. Place pasta mixture in a serving dish and sprinkle with the remaining 1 tablespoon of Parmesan cheese.

See [The Farmers Market Shopping List](#) on reverse.



The Farmers Market Farm-to-Table Chef Series - Season 8  
Holly Springs • North Carolina



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## SHOPPING LIST

Please visit the vendors at [The Farmers Market](#) who offer items for today's cooking demonstration:

- Broccoli flowerets
- Sliced mushrooms
- Chicken breasts

### Other Ingredients Needed:

- Uncooked rainbow spiral pasta
- Light sour cream
- All-purpose flour
- Milk
- Dried basil leaves
- Grated Parmesan cheese



[www.HSFarmersMarket.com](http://www.HSFarmersMarket.com)



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