



Dijon Chicken Noodle Toss

*Creamy and comforting, this pasta dish
is guaranteed to satisfy.*

To prepare and freeze

- 1 portion *Make-Ahead Chicken*
- 2 cups frozen peas
- ¼ lb deli ham, diced into ¼-in. pieces
- 1 can (10¾ oz) condensed cream of chicken soup
- 2 tbsp Dijon mustard

To finish and serve

- 12 oz uncooked rotini pasta
- ½ cup water
- 8 oz sour cream
- 1 oz grated fresh Parmesan cheese (optional)
- ¼ cup snipped fresh parsley

1. Prepare and freeze

- In Bag 1, combine chicken and peas.
- In Bag 2, combine ham, soup and mustard.
- Seal Bag 2 and place into Bag 1; seal. Freeze for up to three months.

2. Finish and serve!

To cook and serve immediately

- Cook pasta according to package directions; drain.
- Meanwhile, place water and contents of Bag 2 in **(12-in.) Skillet**; cover. Bring to a simmer over medium-high heat, stirring occasionally.
- Add sour cream to Skillet. Reduce heat to medium; add contents of Bag 1. Cover and cook 4-6 minutes or until chicken is hot, stirring occasionally.
- Toss cooked pasta with parsley. Spoon chicken mixture over pasta and sprinkle with Parmesan cheese, if desired.

To cook and serve from freezer

- Cook and drain pasta as directed above.
- Meanwhile, place water and contents of Bag 2 in **(12-in.) Skillet**; cover. Bring to a simmer over medium-high heat; cook 8-10 minutes, stirring occasionally and breaking contents apart as necessary using **Bamboo Spatula**.
- Proceed as directed above.

Yield: 6 servings

Nutrients per serving (excluding optional ingredient):

Calories 480, Total Fat 12 g, Saturated Fat 6 g, Cholesterol 80 mg,
Carbohydrate 56 g, Protein 34 g, Sodium 850 mg, Fiber 5 g