

Chicken Tetrazzini

Ingredients

- 10 ounce uncooked linguine
- 2 tablespoons butter
- 1/4 cup all-purpose flour
- 2 1/2 cups unsalted chicken stock
- 1 (12-ounce) can evaporated low-fat milk
- 2.5 ounces grated Parmigiano-Reggiano cheese, divided
- 1 ounce 1/3-less-fat cream cheese
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 4 teaspoons olive oil, divided
- 2 (8-ounce) packages sliced mushrooms
- 1 cup chopped onion
- 1 1/2 tablespoons minced garlic (about 6 cloves)
- 2 teaspoons fresh thyme
- 1/2 cup dry white wine
- 3 cups shredded cooked chicken breast
- 1 cup frozen green peas
- Cooking spray
- 1 1/2 ounces French bread baguette, torn into pieces
- 1/4 cup chopped fresh flat-leaf parsley

Preparation

Preheat oven to 375°.

Cook pasta according to package directions, omitting salt and fat; drain.

Melt butter in a medium saucepan over medium heat. Stir in flour; cook 2 minutes, stirring constantly with a whisk. Gradually add stock and milk; bring to a boil. Reduce heat, and simmer 5 minutes. Remove from heat; stir in 2 ounces Parmigiano-Reggiano cheese, cream cheese, salt, and pepper.

Heat a large skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add mushrooms; sauté 3 minutes, stirring occasionally. Add onion, garlic, and thyme; sauté 3 minutes. Add wine; cook 1 minute. Combine milk mixture, mushroom mixture, pasta, chicken, and peas; toss to combine. Spoon the pasta mixture into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray.

Place bread in a food processor; drizzle with 1 teaspoon oil. Process until coarse crumbs form. Combine breadcrumbs and remaining Parmigiano-Reggiano; sprinkle evenly over pasta. Bake at 375° for 30 minutes or until browned and bubbly. Top with parsley.

