

Creamy Chicken Parmesan

makes 8-10 servings

16 oz box Rotini pasta

1 TBS oil

1/2 cup freeze dried onion flakes

1/4 cup water

1/4 tsp. garlic powder

1/4 tsp. pepper

2 (12.5 oz.) cans, canned chicken

2 (12 oz) cans evaporated milk

1 cup water

5 TBS cornstarch

1 tsp. chicken bouillon

1/2 cup grated Parmesan cheese

1/2 cup Italian Seasoned bread crumbs

Rehydrate the onion in 1/4 cup of water for 10 minutes. While waiting, begin boiling a pot of water to cook the noodles. When the onions are ready, saute them in a pan (using 1 TBS oil) over medium heat until caramelized. Dissolve cornstarch into 1 cup of water, whisking to combine and add this mixture to the 3 cups of canned milk. Add chicken bouillon, garlic powder and pepper to the milk mixture and stir over medium heat until mixture thickens. While waiting for the sauce to thicken, begin cooking the noodles just until barely tender, about 4 minutes. It is best to leave them a little underdone as they will continue to cook in the oven. When the sauce is thickened add in 1/2 cup of parmesan cheese, stir to combine and then add the cans of chicken and combine again. Drain the noodles and add immediately to the sauce. Pour all into a casserole dish, sprinkle with bread crumbs and bake at 350 until bubbly.