

# Applebee's Three Cheese Chicken Penne

*Recipe makes 6 meals*

## Ingredients

- **1.5 lbs Boneless Skinless Chicken Breast, chopped**
- **15 oz Barilla Protein Plus Pasta**
- **3 Garlic Cloves, chopped**
- **2 Roma Tomatoes, chopped**
- **1 cup Chicken Broth**
- **1 cup Fat Free Fairlife Milk**
- **1/2 cup (2 oz) Shredded White Cheddar Cheese**
- **1/2 cup (2 oz) Shredded Italian Style Cheese**
- **1/2 cup Grated Parmesan Cheese**
- **2 Tbsp All-Purpose Flour**
- **1 Tbsp Butter**
- **1 Tbsp Garlic Powder**
- **1/2 Tbsp Olive Oil**
- **1/2 Tbsp Onion Powder**
- **1 tsp Paprika**
- **1/2 tsp Oregano**
- **Salt and Pepper to taste**



## Nutrition Profile

*- per meal -*

**Calories - 497**  
**Fat - 13g**  
**Carbohydrates - 49g**  
**Protein - 47g**  
**\*Fiber - 6g**

**Estimated Cost  
Per Meal**

**\$2.19**

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# Instructions

- 1. Start by adding your chopped chicken into a large mixing bowl, along with 1 Tbsp garlic powder, 1/2 Tbsp onion powder, 1 tsp paprika, 1/2 tsp oregano, and salt and pepper to preference. Mix to coat.**
- 2. Set that aside and get your pasta started. Cook according to the instructions on the package. When done, strain your pasta, add it back to the pot, and set it aside.**
- 3. While your pasta is cooking, heat 1/2 Tbsp of olive oil in large skillet over medium-high heat and add in your seasoned chicken. Cook your chicken for 3-4 minutes on each side, or until cooked through with a nice sear on the outside. When done, remove it from the skillet and set it aside.**
- 4. In that same skillet, melt 1 Tbsp of butter and add in your chopped garlic. Cook for 30 seconds, stirring frequently. Add in 2 Tbsp of all-purpose flour and mix together.**
- 5. Add in 1 cup of chicken broth and 1 cup of milk. Stir and continue to cook until bubbles start to form.**
- 6. Once you see bubbles, remove from the heat and slowly add in your shredded cheese and grated parmesan, a little bit at a time. Continue to stir these in until all your cheese is added and melted.**
- 7. When your cheese sauce is done, pour it into the pot with your cooked pasta, along with your cooked chicken, and mix everything together.**
- 8. Give it a taste and add salt and pepper to preference.**
- 9. Portion out into your meal containers, top with your tomatoes, and enjoy!**



# Notes

- **As always, with recipes that don't have a lot of vegetables, I advise serving with a side of your favorite veggie, or a small salad. This will make the meal more filling, as well as add some additional micronutrients and fiber.**
- **The real Applebee's Three Cheese Chicken Penne recipe uses parmesan, white cheddar, and asiago. The Italian style that I used in this recipe does have some asiago in it, but it's not a strong flavor. If you prefer, you can swap this out for 1/2 cup of asiago cheese.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**