

Creamy Chicken Rotini

Ingredients

- 1 box (375 g), or 4 cups dry, whole wheat rotini pasta*
 - 1 can (284 mL) cream of mushroom soup
 - 1 cup milk
 - ½ cup water
 - 1 teaspoon onion powder
 - 1 teaspoon garlic powder
 - 1 teaspoon oregano
 - ½ teaspoon parsley
 - ½ teaspoon basil
 - ½ teaspoon salt
 - ¼ teaspoon pepper
 - 1 large can chicken (354 g), drained, or 2 smaller cans chicken (156 g each)**
 - 1 can (398 mL) peas and carrots (or 1 cup frozen peas and carrots)
- * You can use white pasta instead of whole wheat. (White pasta will take less time to cook.)
- ** You can use 1 ½ cups of cooked chicken, finely chopped, instead of canned chicken

Directions

1. In a large pot of boiling water, add rotini pasta. Stir and cook pasta until tender, about 12 minutes. Drain pasta and set aside.
2. Use the same pot to cook the sauce. Add the mushroom soup, milk and water. Stir until smooth. Heat sauce until boiling, stirring often. Turn down to medium heat.
3. Add all the spices, chicken and peas and carrots to the pot. Stir and heat for 2-3 minutes. Stir often while heating, so sauce does not burn. Sauce will thicken as it heats.
4. Mix cooked rotini pasta into sauce in pot. Serve in bowls and top with parmesan or grated cheese, if desired. **Makes 6 servings**

Tips:

- Any shape of pasta can be used instead of rotini - try macaroni, penne, or spaghetti
- Cooked pasta is a great finger food for babies around 9 months old. They can pick it up and feed themselves!
- To make this recipe vegetarian, replace the chicken with a can (540 mL) of chickpeas

