



**Rattlesnake Pasta**

# Rattlesnake Pasta

## Ingredients:

1 lb penne pasta  
1 lb boneless, skinless chicken breast, cut into bite-sized pieces  
2 tbsp olive oil, divided  
1 1/2 tsp Cajun seasoning  
1 red bell pepper, sliced  
1 green bell pepper, sliced  
1/2 red onion, sliced  
3 cloves garlic, minced  
2-3 jalapeño peppers, sliced (remove seeds for less heat)  
4 tbsp butter  
1/4 cup all-purpose flour  
2 cups milk or half-and-half  
1 cup grated Parmesan cheese  
1/2 tsp salt  
1/4 tsp black pepper  
1/4 cup chopped fresh parsley

## Directions:

Cook the penne pasta in a large pot of salted boiling water according to package directions until al dente. Drain and set aside.

While the pasta cooks, season the chicken pieces with the Cajun seasoning. Heat 1 tbsp olive oil in a large skillet over medium-high heat. Add the chicken and cook until browned and cooked through, about 5-7 minutes. Transfer to a plate.

Add the remaining 1 tbsp olive oil to the skillet. Add the bell peppers, onion, garlic, and jalapeños.

Sauté until the vegetables are tender-crisp, about 5 minutes. Remove from the skillet.

Melt the butter in the same skillet over medium heat. Whisk in the flour and cook for 1-2 minutes.

Gradually whisk in the milk until smooth.

Bring the sauce to a simmer and cook until it starts to thicken, about 2-3 minutes.

Stir in the Parmesan cheese, salt, and pepper until melted and smooth.

Add the cooked pasta, chicken, and sautéed vegetables to the skillet with the sauce. Toss gently until everything is well coated.

Serve the rattlesnake pasta hot, garnished with chopped parsley. Enjoy the creamy, spicy flavors!