

# Buffalo Chicken Farfalle

*Chef John Hughes*

*The GYPSY KITCHEN*

*www.the-gypsy-kitchen.com*

## **Servings: 2**

*1/4 Pound Farfalle Pasta, uncooked*  
*1/2 Teaspoon Hot Pepper Sauce*  
*2 Cloves Garlic, chopped*  
*1/2 Teaspoon Sweet Paprika*  
*1/4 Teaspoon Sea Salt*  
*1/4 Teaspoon Cracked Black Pepper*  
*1/2 Pound Boneless, Skinless Chicken Thighs, cut into 1/2-inch pieces*  
*2 Teaspoons Vegetable Oil, divided*  
*2 Ribs Celery, chopped*  
*2 Medium Carrots, chopped*  
*1 Small Spanish Onion, chopped*  
*1/4 Cup Low-fat Mayonnaise*  
*1/4 Cup Low-fat Bleu Cheese Dressing*  
*1/4 Cup Skim Milk*  
*1 Tablespoon Bleu Cheese, crumbled*  
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Prepare pasta according to package directions.

While pasta is cooking, combine hot pepper sauce, garlic, paprika, sea salt, and cracked black pepper in a zip-lock bag. Add cut chicken, stirring to coat.

Add 1 teaspoon oil to a large skillet over medium-high heat. Add chicken and sauté, stirring frequently, until chicken is golden brown and cooked through, about 4 minutes. Remove chicken from skillet.

Add remaining teaspoon of oil to skillet and saute the celery, carrots and onions for about 2 minutes or until just tender.

In a small bowl combine the mayonnaise, bleu cheese dressing and milk, mix well to combine and then add to the vegetables in the skillet. Add chicken and stir constantly over medium-low heat until thoroughly heated. When pasta is done, drain thoroughly and add the skillet ingredients to the pot and mix well to incorporate.

Divide the pasta into two warmed pasta bowls or plates, sprinkle with the crumbled bleu cheese and serve immediately.

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Per Serving (excluding unknown items): 580 Calories; 16g Fat (25.4% calories from fat); 38g Protein; 70g Carbohydrate; 5g Dietary Fiber; 79mg Cholesterol; 978mg Sodium. Exchanges: 3 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 3 Fat; 1 Other Carbohydrates.