



Total Time  
**35 MIN.**

Serving & Size  
**1 BREAST AND SAUCE OVER 1 CUP PASTA**

Difficulty  
**EASY**

Yields  
**24**


V8® 100% Vegetable Juice, chicken, peppers, onions and Cajun seasoning combine to deliver this simple, yet mouth-watering pasta dish.

<b>Nutrition Facts</b>	
Serving Size	1 BREAST AND SAUCE OVER 1 CUP PASTA
<b>Amount Per Serving</b>	
<b>Calories</b> 429	
	<b>% Daily Value</b>
<b>Total Fat</b> 6.6g	<b>10%</b>
<b>Saturated Fat</b> 1g	<b>5%</b>
<b>Cholesterol</b> 83mg	<b>28%</b>
<b>Sodium</b> 401mg	<b>17%</b>
<b>Total Carbohydrate</b> 54.1g	<b>18%</b>
<b>Dietary Fiber</b> 3.9g	<b>16%</b>
<b>Protein</b> 35.5g	<b>71%</b>
Vitamin A 12%	Vitamin C 75%
Calcium 3%	Iron 15%

**INGREDIENTS**

**WEIGHT**

**MEASURE**

all-purpose flour		3/4	cups
	<b>V8® 100% Vegetable Juice</b>	3	qt.
Cajun seasoning		2	tbsp.
vegetable oil		1/4	cups
boneless, skinless chicken breast, 4 oz each	96 oz.	24	ea.
green pepper, chopped	2 lb.	1 1/2	qt.
onion, chopped	12 oz.	3	cups
cooked fettuccine pasta		24	cups

**INSTRUCTIONS**

- Mix together flour, vegetable juice and Cajun seasoning until smooth.
- Heat oil in large skillet. Add chicken and cook until browned. Remove chicken.
- Add pepper and onion and cook until tender-crisp.
- Add flour mixture to large saucepot. Cook and stir until mixture boils and thickens. Return chicken to saucepot. Cover and simmer 10 minutes or until chicken is done. CCP: Heat until internal temperature is 165°F. or higher for 15 seconds.  
CCP: Hold at 140°F. or higher. Portion sauce using 6 oz. ladle (2/3 cup) over 1 cup (8 oz spoodle) fettuccine.