

Colorful Chicken Fettuccine

10 ounces uncooked fettuccine	4 teaspoons cornstarch
1 pound boneless skinless chicken breasts, cut into strips	1 can (14 and ½ ounces) chicken broth
1 tablespoon vegetable oil	1 tablespoon lemon juice
1 cup julienned carrots	½ teaspoon salt
1 medium sweet red pepper, julienned	½ teaspoon dried thyme
1 medium green pepper, julienned	2 tablespoons sour cream
2 cups fresh broccoli florets	½ cup shredded Parmesan cheese

DIRECTIONS:

Cook fettuccine according to package directions. Meanwhile, in a large skillet, sauté chicken in oil until no longer pink. Remove and keep warm. In the same pan, sauté carrots for 1 minute. Add peppers and broccoli; sauté 3-4 minutes longer or until vegetables are crisp and tender.

In a small bowl, combine the cornstarch, broth, lemon juice, salt, and thyme until blended; stir into vegetables. Bring to a boil; cook and stir for 2 minutes. Remove from heat. Stir in sour cream.

Drain fettuccine; place in a large bowl. Add the chicken, vegetable mixture and Parmesan cheese, toss to coat.

Yield; 4-6 servings.

Laura Ashley Childress

Henderson County

Intermediate - Main Dish