

Creamy Cajun Pasta

Years ago, when I first ate the Cheesecake Factory, I had a dish called Cajun Chicken Pasta. It was so freaking good but so not good for you. It probably had about 1,200 calories in it and the plate was the size of my head. So here is a lighter version of that. You can use chicken breast instead of chicken thighs, you can also use chicken sausage instead of smoked sausage. You can also use shrimp instead of the sausage. Whatever you have use! Enjoy.

xoxo,

Kristin

1. In a small bowl mix together the ingredients for the Cajun seasoning.
2. Cut the chicken thighs into 1-inch pieces. Coat the chicken pieces with 1 tbsp. of the Cajun seasoning.
3. Heat the ghee in a cast-iron skillet over medium heat. Add the bell pepper, onions, and garlic and saute until the pepper is soft and the onions are translucent, about 4 minutes. Add the seasoned chicken and sear on all sides until cooked through, about 3 minutes per side. Add the sausage and sear on both sides, about 1 minute per side.
4. Add the broth to the pan to deglaze it. Using a whisk, scrape the bits from the bottom of the pan to incorporate them into the sauce. Add the milk and cheese and heat until simmering. Season with the salt and remaining Cajun seasoning. Simmer on low until thickened about 3 minutes. Serve over zoodles.

Recipe from Keto Comfort Foods, serves 4