

## Southwestern Chicken Bake

Chopped Chicken Breast (I used 3, and it was more than enough for the whole pan)

2 T Cumin

2 T Chili Powder

2 T Vegetable Oil

Salt and pepper

1 lb. penne pasta

2 T Butter

2 T Flour

1 ½ cups milk

2 cups shredded cheddar

Handful of chopped parsley and cilantro

Heat the Vegetable Oil in a skillet and add the chicken and the spices. Cook until browned.

Meanwhile boil water in a pot for the pasta. Once boiling, add salt and cook the pasta just shy of al dente.

Melt butter in a saucepot and add flour. Still and cook for 1 minute, then add milk. When the sauce thickens up add the cheese, stirring constantly. Add in the herbs once the cheese is melted.

Drain the pasta and combine the pasta, chicken and cheese sauce in a baking dish and put under the boiler to brown.