

## **Chef Carolyn's Corner - Creamy Pasta Caserole**

Written by Carolyn Shelton  
Thursday, 15 September 2011 00:00

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Cafe 4212 Hosts Forward Times

Food Editor Chef Carolyn Shelton

Chef, Author, and Forward Times Food Editor, Chef Carolyn Shelton was moving about midtown with energy and purpose as she hosted the Saturday Brunch at Cafe 4212. Owner, lawyer, and businessman Walter Strickland is committed to bringing entertainment, good food and a place for all cultures to enjoy.

Patrons enjoyed “Real Zydeco” from Leroy Thomas and some down home “Po’ Man’s Gumbo” from Food Editor and Chef Carolyn Shelton.

Chef Carolyn is ready to share exciting recipes and healthy cooking tips with the community. Chef Carolyn has interviewed celebrity chefs for years such as Gladys Knight, Mohammad Ali, Ruby Dee and many others. Stay tuned as Chef Carolyn will continue to bring delicious recipes, tips, and Celebrity Chef interviews.

## **Creamy Pasta Casserole**

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### Ingredients

6 oz whole wheat pasta shells

1 tbsp olive oil

1 3/4 cups quarter button mushrooms

1 broccoli crown, small florets

2 shredded boneless chicken breasts

1 tbsp cornstarch

1 cup milk/1/2 cup Light sour cream

1/2 shredded cheddar cheese

Salt/ Pepper

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### Directions

Preheat oven to 375

Boil salted water

Add Pasta and boil to package directions

Heat oil in a skillet/saute mushrooms until brown

Steam broccoli.

Add the chicken to the mushrooms and stir well. Blend the cornstarch with a little milk in a pitcher, then gradually add the remaining milk, stirring.

Pour into the skillet with the mushrooms and the sour cream and warm through, stirring.

Add the pasta and broccoli to the skillet and season to taste with salt and pepper.

Mix well, then transfer to a baking dish.

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Top with the cheese and bake in the preheated oven for 15 minutes...serve immediately.

Eating Healthy