Medicated Chicken Bacon Ranch Pasta Recipe

What You Need :

Ingredients

- [ ] 2 Cups Shredded Cheddar Cheese
- [ ] 6 Strips Thick-Cut Bacon
- [ ] Salt & Pepper to taste
- [ ] 1 t Onion Powder
- [ ] 1 t Italian Seasoning
- [ ] 1/4 t Sunflower Lecithin
- [ ] 2 Boneless Skinless Chicken Breasts
- [ ] 2 Cups Uncooked Pasta (Rotini)
- [ ] 1 T Butter
- [ ] 1 T Garlic, Minced
- [ ] 2 Cups Cannabis-Infused Half and Half
- [ ] 2 T Dry Ranch Dressing Seasoning Mix
- [ ] *optional* 2 Cups Broccoli (or other vegetable)

Supplies

- [ ] Large Skillet
- [ ] Knife or Shears
- [ ] Small Bowl or Mason Jar
- [ ] Medium Saucepan
- [ ] Strainer / Colander
- [ ] Glass Measuring Cup
- [ ] Metal Whisk
- [ ] Silicon Spatula

Time Needed

15 min - Prep

40 min - Cook

55 min - Total Time

Serves 6

Directions:

Step 1: Cook the Bacon

- [ ] Cook your bacon in a large skillet over low heat. (Low and slow ensures even cooking and no burnt bits!)
- [ ] While bacon cooks, prep other ingredients and supplies.
- [ ] When your bacon is finished, set aside on paper towel-lined plate. Pour bacon drippings into a small bowl or mason jar, and carefully wipe your skillet clean.
- [ ] Roughly chop the bacon once cooled.

Directions continued:

Step 2: Prepare & Cook the Chicken

- [ ] Cut chicken breasts into thinner slices (about 2-3 slices each).
- [ ] After cutting, pat dry and season each side lightly with salt and pepper.
- [ ] Coat chicken pieces evenly with measured onion powder and italian seasoning.
- [ ] Heat 2 T of the saved bacon drippings in your skillet on med-high heat.
- [ ] Sear chicken for 3-4 minutes on each side, until golden-brown crust develops.
- [ ] Set aside on plate once cooked through. Let rest 5 minutes & cut into cubes of desired size.

Step 3: Boil the Pasta and Steam Veggies

- [ ] In medium saucepan, bring lightly salted water to a boil, and cook your pasta.
- [ ] Prepare the sauce while your pasta boils, and drain pasta once it's done.
- [ ] Also while your pasta boils (if you are choosing to add a vegetable), steam them at this time.

Step 4: Make the Sauce

- [ ] Melt 1 T of butter over medium heat in the same skillet. Saute your garlic for 1 minute or until fragrant.
- [ ] Temper your half and half by heating it in the microwave for 40 seconds. Add it to your skillet in splashes, stirring as you're adding.
- [ ] Once heated through, add 1/4 t of sunflower lecithin, and ranch seasoning, and mix well with a metal whisk.
- [ ] After sunflower lecithin and ranch seasoning is well-mixed, gradually stir in shredded cheddar.

Step 5: Combine Pasta, Chicken & Bacon (and Veggies)

- [ ] Add your cooked pasta into the skillet with your sauce, and use a silicone spatula to carefully combine.
- [ ] Add the chicken, bacon, and cooked vegetable of your liking, and allow them to heat back up. Serve immediately.

Enjoy!! (:

Cooking with Cannabis-Infused Ingredients:

A good starting point for ingesting cannabis edibles is to limit yourself to <5mg THC ; even less if you are new to THC-infused food. It can have the tendency to be a lot stronger, more intense, and can differ drastically from smoking. For one, the effects can take anywhere from a half hour to 3 hours to fully metabolize, depending on an individual's unique body and metabolic rate. In addition, because the THC is digested through your liver and can more readily cross the body's blood-brain barrier, the high can be stronger and last longer.

With that said, your edible's potency depends on many factors; how it was prepared, the potency of your starting product, as well as considering if the strain or concentrate used in your infusion is indica, sativa or hybrid. To test the potency and effect of your finished product, try a smaller amount (<5mg) and see how that dose affects you after 2-3 hours. Titrate your dose as desired, and you can then use this personalized "standard" dose as a baseline for your recipes.

Check out our dosage calculator for help in calculating your edible's dosage @:
 https://www.plant-family.com/thc-dosage-calculator/

Happy Cooking!