

Lunch | Dinner

Quick and Easy Chicken Pesto Pasta

5 Mins
Prep Time

20 Mins
Cook Time

6
Servings

348 Calories **12g** Fat **43g** Carbs **19g** Protein



Ingredients

6 Servings **15 Mins** Total Time **Allergens:** Gluten, Dairy, Nuts

12 oz Penne Rigate (or short noodle of choice)

1½ Cups Chicken, cooked and diced

¼ Cup Old World Italian Pesto (or substitute with jarred pesto)

¼ Cup Parmesan Cheese

Salt and Pepper, to taste

Allergen Swap

Gluten Use gluten-free pasta, zucchini noodles, spaghetti squash (if well tolerated)

Dairy Use a dairy-free cheese, such as vegan cheese (Parmesan cheese has trace amounts of lactose, but omit cheese if bothersome)

Nuts Use a nut-free pesto or make the pesto recipe above with sunflower seeds

Nourishment Note



Chicken

Chicken is a lean source of protein and may provide your body with the building blocks it needs to build healthy cells.



Pesto

A main ingredient in pesto is olive oil, which contains monounsaturated fats. These types of healthy fats may help to reduce the inflammation associated with Crohn's disease and ulcerative colitis.

Instructions

1. Cook Pasta

Cook pasta according to package directions. Just before draining, reserve $\frac{1}{4}$ cup of the pasta water and set aside.

2. Prepare Pesto

While pasta is cooking, prepare Old World Italian Pesto and dice chicken.

3. Mix Pesto and Pasta

Add drained pasta to a large bowl and mix in the pesto. Add additional pasta water to reach desired sauce consistency.

4. Serve & Enjoy

Plate pasta and top with chicken and a sprinkle of Parmesan cheese.

Recipe Created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Large Pot



Cutting Board



Knife



Colander



Measuring Cups



Large Bowl

Cheese Grater



Spoon

Remission Remix

- Add a side of steamed broccoli or toss salad to enjoy with this dish for extra nutrients.
- Use half the amount of chicken in the recipe and replace with chickpeas or white beans for increased fiber and nutrients.