

Dinner

One Skillet Pasta with Chicken and Broccoli

15 Mins
Prep Time

30 Mins
Cook Time

4
Servings

502 Calories **16g Fat** **45g Carbs** **38g Protein**

Ingredients

4 Servings **45 Mins Total Time**

Allergens: Gluten, Dairy

1 lb. Boneless, Skinless Chicken Breasts **♥**
trimmed and cut into 1" pieces

3 Tbsp Extra Virgin Olive Oil, divided

1 Onion, diced

6 Cloves Garlic, minced **♥**

½ Tsp Oregano

½ Cup Dry White Wine
(If you prefer to not use wine, deglaze the pan with 2 Tbsp white wine vinegar mixed with 6 Tbsp water.)

2 ½ Cups Water

2 Cups Low-Sodium Chicken Broth

8 oz Penne Pasta, dry

8 oz Broccoli Florets, **washed** and cut into bite-sized pieces **♥**

½ Cup Parmesan Cheese, grated, plus more for serving

Salt and Pepper, to taste



Nourishment Note



♥ Broccoli

Broccoli is rich in nutrients, including vitamin C, which is essential for immune function. It also contains many different antioxidants which can help lower inflammation and protect health.



♥ Garlic

Garlic is anti-inflammatory and may help protect against certain types of cancer.



♥ Chicken

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

Allergen Swap

Gluten Use a gluten-free pasta; adjust cooking time accordingly

Dairy Omit Parmesan cheese or replace with a vegan Parmesan

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook Chicken

Pat chicken dry with a clean paper towel and season generously with salt and pepper. In a large skillet, heat 1 Tbsp olive oil over medium-high heat. Add chicken in a single layer and brown without stirring for about 1 minute. Flip chicken and cook until almost cooked through, about 3 minutes longer; transfer chicken to a bowl.

3. Add Onion & Spices

Again, add 1 Tbsp olive oil to the skillet and heat over medium heat. Add diced onions and a pinch of salt and cook until softened, 5-7 minutes. Add garlic and oregano and cook until fragrant, about 30 seconds.

4. Stir In Wine

Stir in wine to deglaze the pan. Allow to nearly evaporate for 1-2 minutes. Add water, chicken broth and pasta. Increase heat to medium-high, and allow to rapidly simmer, stirring often, until pasta is al dente, about 12 minutes.

5. Add Broccoli & Pasta

Add broccoli and cook until pasta and broccoli are tender, 3-5 minutes. Stir in chicken and accumulated juices, and cook until heated through, about 1 minute.

6. Add Parmesan Cheese

Take the skillet off the stove and stir in ½ cup grated Parmesan cheese and drizzle with an additional tablespoon of olive oil. Season with salt and pepper, to taste.

7. Serve & Enjoy!

Serve with additional Parmesan cheese and enjoy!

8. Wash Hands

Wash hands with soap and water.

What You'll Need



Cutting Board



Knife



Paper Towel



Measuring Cups



Measuring Spoons



Large Skillet



Bowl



Tongs



Mixing Spoon



Cheese Grater

Breathe Better Food Tip

- Broccoli, onions and/or garlic may cause gas and bloating in some people, which can make breathing seem more difficult.
- Swap broccoli for other vegetables, like spinach or zucchini. Onions and garlic can be left out and replaced with other herbs and spices, like basil, thyme, parsley or chives.

Recipe created by Meijer Registered Dietitians