

One-Pan Chicken Alfredo



Servings: 8 **Serving Size:** $\frac{3}{4}$ cup

Nutritional Facts (per serving):

220 calories, 22g carbohydrate, 8g total fat, 15g protein, 1g fiber, 320mg sodium, 4g sugar

Ingredients

- 1 large chicken breast, cubed (about one cup)
- 2 tablespoons oil
- 2 tablespoons flour
- 1 $\frac{3}{4}$ cups chicken broth
- 1 $\frac{3}{4}$ cups nonfat or 1% milk
- 1 teaspoon garlic powder
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{2}$ teaspoon dried basil
- 3 cups dry penne pasta
- 2 cups broccoli, chopped (fresh or frozen)
- 1 cup grated parmesan cheese

Instructions

1. In a skillet over medium-high heat, brown chicken in oil.
2. Add flour, broth, milk, spices and pasta to skillet and stir well.
3. Bring to a boil; cover; reduce heat; simmer until pasta is almost tender, stirring occasionally.
4. Add broccoli, cover, and cook until broccoli is tender.
5. Remove from heat and stir in cheese.
6. Refrigerate leftovers within 2 hours.