

One-Pot Chicken Alfredo

Use whole wheat pasta instead to increase fiber and make this a whole grain meal.

Makes: 8 Servings

Source: FoodHero.org recipe/One-Pan Chicken Alfredo

Ingredients

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

Directions

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.



Small Changes,
BIG Difference!

Click image to watch the recipe video



Nutrition Information

| Serving Size: 3/4 cup | |
|-----------------------|--------|
| Nutrients | Amount |
| Calories: | 220 |
| Total Fat: | 8 g |
| Saturated Fat: | 2.5 g |
| Cholesterol: | 30 mg |
| Sodium: | 320 mg |
| Total Carbohydrates: | 22 g |
| Dietary Fiber: | 1 g |
| Total Sugars: | 4 g |
| Added Sugars: | 0 g |
| Protein | 15 g |

Utensils Needed

- Large Skillet
- Cutting Board
- Knife
- Spoon
- Measuring Utensils

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Average total cost without oil and seasonings: \$15.53

Average cost/serving: \$1.94

Recipe Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Chicken Breast - Fresh



Add 1 to Cart
All Purpose Flour



Add 1 to Cart
Chicken Broth 14.5 oz can



Add 1 to Cart
1% Milk (1 Quart)



Add 2 to Cart
Broccoli Crowns (12 oz avg)



Add 1 to Cart
Penne Pasta



Add 1 to Cart
Grated Parmesean Cheese (8 oz)

My Cooking Notes
