

Skillet Pasta with Chicken and Broccoli

Servings: 4

Diet: Gluten-Free

Ingredients

- 2 tablespoons olive oil
- ¾ pound boneless skinless chicken thighs, cubed
- 5 cloves garlic, minced
- ¼ teaspoon crushed red pepper flakes
- 8 oz whole wheat pasta
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 4 cups low-sodium chicken broth
- 1 pound broccoli crowns, cut into small florets
- 2 tablespoons Parmesan cheese, grated

Instructions

STEP 1: Heat oil in a large skillet on medium-high heat. Once hot, cook chicken until done, around 4 minutes each side. Move chicken to cutting board and let rest 5-10 minutes. Cut into 1-inch cubes and set aside.

STEP 2: Add garlic and red pepper flakes and cook 30 seconds. Add pasta, salt, black pepper and broth, bring to a boil. Reduce heat and stir frequently until liquid thickens and pasta is done, about 7-12 minutes depending upon pasta type.

STEP 3: Stir in broccoli and chicken, simmer until tender. Top with Parmesan cheese and serve warm.



- **Ingredient Swap:** Not a big broccoli fan? Add any of your favorite veggies instead - bell peppers, cauliflower, peas and greens work well!
- **Make it Gluten-Free:** Use gluten-free pasta instead.



Per Serving: 440 Calories | 51 Carbs | 4g Sugar (0g Added Sugars) | 8g Fiber | 14g Fat (3g Sat Fat) | 32g Protein | 580mg Sodium

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