

Chicken and Broccoli in Lemon Sauce

A healthier version of the popular take out dish you can make any time at home!

Makes: 6 servings

Prep Time: 10 minutes
Cook Time: 35 minutes

Source: Food and Nutrition Education in Communities - Cornell

Ingredients

- 1 bunch broccoli, cut in bite size pieces (1 1/3 pounds)
- 1 pound boneless skinless chicken breasts, cut in thin strips
- 4 Tablespoons lemon juice
- 4 cloves garlic, sliced thinly
- 1/4 cup grated Parmesan cheese
- 4 Tablespoons olive oil
- 1 pound pasta, any shape
- black pepper to taste

Directions

1. Cook pasta and drain, reserving cup of the pasta water.
2. In frying pan, sauté garlic in oil on low flame.
3. Add sliced chicken and sauté about 10 minutes.
4. Add broccoli and sauté 5 additional minutes.
5. Add reserved pasta water and lemon juice and heat through.
6. Toss cooked chicken and broccoli mixture with pasta.
7. Sprinkle with Parmesan cheese.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1.5 cup

Nutrients	Amount
Calories:	510
Total Fat:	14 g
Saturated Fat:	2.5 g
Cholesterol:	64 mg
Sodium:	125 mg
Total Carbohydrates:	64 g
Dietary Fiber:	5 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	32 g

Utensils Needed

- Measuring cups
- Colander
- Cutting board
- Large pot
- Frying pan
- Mixing spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$10.64

Average cost/serving: \$1.69

Makes: 6 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
Fresh Garlic



Add 1 to Cart
Parmesan Cheese, grated



Add 1 to Cart
Whole Wheat Elbow Pasta 16 oz



Add 1 to Cart
Chicken Thighs Boneless and
Skinless, 1 lb



Add 1 to Cart
Lemon



Add 1 to Cart
Frozen or fresh broccoli

SAVE TIME, SAVE MONEY

My Cooking Notes

Shopping & Leftover Tips

- Broccoli can be sautéed, steamed, boiled or eaten raw. Toss broccoli in a stir-fry, add it to salads, throw it on pizzas or dip it in low-fat ranch for a fun treat!