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 ¾ cups chicken broth
- 1 ¾ cups nonfat or 1% milk
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ 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

Grains — ChooseMyPlate.gov
Vegetables — ChooseMyPlate.gov
Dairy — ChooseMyPlate.gov
Protein — ChooseMyPlate.gov

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

SNAP-Ed New York

SAVE TIME. SAVE MONEY. EAT HEALTHY.

Average total cost without oil and seasonings: $15.53
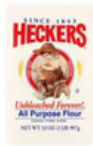
Average cost/serving: $1.94

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