

Chicken Pasta Primavera

Prep Time: 40 minutes

Additional Time: 10 minutes

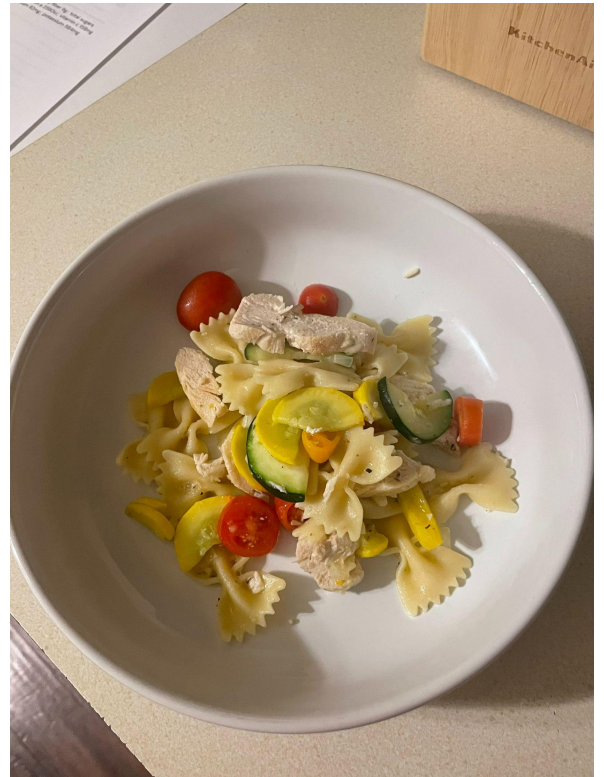
Total Time: 50 minutes

Ingredients

- 2 teaspoons olive oil
- ¼ cup chopped onion
- 1 clove garlic, minced
- 2 cups cauliflower florets
- ½ cup reduced sodium chicken broth
- ¼ cup water
- 3 tablespoons finely shredded Parmesan cheese
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper
- 3 ounces dried whole grain pasta of choice
- 1 cup coarsely chopped zucchini
- 1 cup coarsely chopped summer squash
- ¾ cup sweet red or yellow pepper, sliced
- Nonstick cooking spray
- 8 oz chicken breasts, sliced or diced
- 2 tablespoons basil
- 1 lemon zest

Step 1:

For sauce, in a small saucepan heat oil over medium heat. Add onion and garlic; cook 3-4 minutes until onion is tender, stirring occasionally. Stir in cauliflower and broth. Bring to a boil; reduce heat. Simmer, covered, 15 minutes, until tender; cool slightly. Transfer to a food processor. Add the water, cheese, salt and black pepper. Cover and process until smooth.



Step 2:

Meanwhile, cook pasta according to package directions, adding zucchini, squash and sweet pepper the last 5 minutes. Drain, reserving $\frac{1}{4}$ cup of the pasta water.

Step 3:

Coat a 10 inch skillet with cooking spray; heat over medium heat. Add chicken; cook for 10 minutes or until done (165 degrees F), turning once. Stir in sauce and pasta mixture. Heat through, stirring in enough of the reserved pasta cooking water if needed to reach the desired consistency. Serve topped with basil and, if desired, lemon zest and additional cheese.

***Additional vegetables of your choice can be added**

Nutrition Facts:

Serving Size: 2 cups

Per serving: 451 calories, total carbohydrate 45g; dietary fiber 9g; total sugars 9g; protein 42g; total fat 12g; sodium 527mg