

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Lighter Chicken Alfredo Pasta

Creamy Alfredo made with light cream cheese and Parmesan, plus chicken and broccoli. 30 g protein.

Makes 6 servings | Serving: 1 1/3 cups | About $1.36 per serving | 15 min + 20 min | 30 g protein

Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 tablespoon oil (canola or vegetable)
- 2 1/2 cups whole wheat penne or rotini pasta
- 1 package (16 ounces) frozen chopped broccoli
- 1 cup nonfat milk
- 8 ounces low fat cream cheese, cubed
- 1/2 teaspoon garlic powder
- 1/2 cup Parmesan cheese, grated
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Nutrition Facts

Per serving (1 1/3 cups)

Calories	**390**
Total Fat	16 g
Saturated Fat	7 g
Sodium	520 mg
Total Carbohydrate	32 g
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars	0 g
Protein	30 g
Calcium	209 mg
Iron	2 mg
Potassium	672 mg

Method

1. Trim the chicken and cut into bite-size pieces. Bring a large pot of water to a boil.
2. Heat the oil in a large skillet and cook the chicken 7-9 minutes, turning often, to 165°F. Remove and keep warm.
3. Cook the pasta, adding the broccoli for the last 3 minutes. Drain and return to the pot.
4. In the skillet, stir the milk and cream cheese over low heat until smooth and thick, then add the garlic powder, Parmesan, salt, pepper and chicken.
5. Toss with the pasta and broccoli.

Swaps: Use boneless thighs or leftover chicken. Add red pepper flakes for color.

Storage: Refrigerate up to 3 days.

Why it's good for you

- Chicken and cheese supply protein.[1]
- Milk and cheese add calcium.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Protein, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/protein/ [2] NIH Office of Dietary Supplements: Calcium fact sheet, https://ods.od.nih.gov/factsheets/Calcium-Consumer/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/chicken-alfredo-pasta/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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