

# Healthier Chicken Alfredo

## INGREDIENTS

- 12oz whole wheat pasta
- 1 tbsp olive oil
- 2 boneless, skinless chicken breasts, cubed
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon Italian seasoning
- 1 tsp salt
- $\frac{3}{4}$  teaspoon freshly ground black pepper, divided
- 3 cloves garlic, minced
- 2 tbsp cornstarch
- 1 cup low sodium chicken stock
- 2 cups skim milk
- 2 cups broccoli
- $\frac{1}{2}$  cup reduced fat grated parmesan cheese

TIME: 10 MINUTES

SERVINGS : 4-6



Adapted from: [tasty.co](https://www.tasty.co)



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## PROCEDURE

1. Fill large pot with water and bring it to a boil.
2. In a medium bowl, add chicken stock, milk, cornstarch,  $\frac{1}{2}$  tsp salt and whisk with a fork. Set aside.
3. Heat the olive oil in a large skillet over medium heat and add the chicken. Season with 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon Italian seasoning,  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{2}$  teaspoon black pepper, then cook for 8-10 minutes, flipping halfway through. Internal temperature needs to reach 165F. Remove the chicken from the pan and set aside.
4. While chicken is cooking, add 1 tsp of salt and pasta to boiling water. Cook pasta according to package directions. During the last 3-4 minutes of pasta cooking, add in broccoli.
5. In the same pan, sauté the garlic 1 minute, until fragrant. Give cornstarch mixture a whisk and add it to the skillet. Stir, bring to a boil and cook for 2 minutes or until bubbly and thickened.
6. Season with the remaining  $\frac{1}{2}$  teaspoon of salt and  $\frac{1}{4}$  teaspoon of black pepper. Cook until the sauce thickens.
7. Remove the pan from the heat and add the cooked penne, chicken, broccoli and Parmesan.