

## Chicken Alfredo Pasta

8 servings

Keep raw meat, poultry, eggs, and fish separate from cooked and ready-to-eat foods. Do not wash or rinse raw meat or poultry.

- 1 pound chicken, skinless and boneless
- 1 Tablespoon vegetable oil
- 2 ½ cups whole wheat penne or rotini pasta
- 3 cups broccoli florets, gently rubbed under cold running water  
OR 3 cups frozen chopped broccoli
- 1 cup low-fat milk
- 8 ounces low-fat cream cheese, cubed
- ½ cup Parmesan cheese, grated
- ½ teaspoon garlic powder
- ¼ teaspoon pepper

1. Wash hands with soap and water.
2. Remove visible fat from chicken and cut into bite-sized pieces. Wash hands with soap and water after handling uncooked chicken.
3. Heat oil in a large skillet over medium heat. Add chicken cubes and cook for 7 to 9 minutes, while stirring occasionally, until chicken reaches 165°F when measured with a food thermometer. Set aside and cover to keep warm.
4. Cook pasta according to package directions. Add fresh or frozen broccoli during the last 3 minutes of cooking.
5. Drain the water from the pasta and broccoli. Return food to the pot and return to the stove over low heat.
6. Add the milk and cream cheese. Stir the mixture constantly until smooth.
7. Add the Parmesan cheese, garlic powder, pepper, and cooked chicken. Stir to combine.
8. Store leftovers in a sealed container in the refrigerator for up to four days.



Source: This recipe is provided by Iowa State University Extension and Outreach. For more resources like this, visit the Spend Smart. Eat Smart. website at "<http://spendsmart.extension.iastate.edu>". Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

**Nutrition Information per Serving (1½ cup):** Calories 320, Total Fat 14g, Saturated Fat 6g, Cholesterol 85mg, Sodium 340mg, Total Carbohydrates 22g, Fiber 3g, Total Sugars 5g, includes 0g Added Sugars, Protein 28g, Vitamin D 6%, Calcium 15%, Iron 6%, Potassium 15%.