

Parmesan Chicken Pasta

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Serves 6

Blue – 8 points

Purple – 3 points (if you use whole wheat pasta)

Green – 11 points

- 1 Tbsp olive oil
- 1 1/2 lb boneless, skinless, chicken breast, cut into 1 inch pieces (1)
- 3 cloves garlic, minced
- 1 serving homemade cream of chicken soup mix **see below
OR 1 can Cream of Chicken soup
- 3 cups low sodium chicken broth
- 12 oz penne pasta
- 10 oz frozen peas
- 1/2 cup grated Parmesan cheese
- 1/4 cup fresh basil leaves, chopped or torn

1. Heat oil in a large skillet over medium-high heat. Add chicken and cook for 5 minutes, stirring occasionally, until browned. Add garlic; cook and stir for 30 seconds.
2. Stir in the soup and broth; mix well. Stir in the penne and bring to a boil. Reduce heat to medium. Cook, uncovered, stirring occasionally, for 15 minutes.

3. Stir in peas. Cook 3 minutes or until the penne is tender and the chicken is cooked through. Sprinkle with cheese and basil
4. NOTE: I make homemade cream of chicken soup from this mix:
<https://joanspointedplate.com/cream-of-whatever-soup-mix/>

Main Course
Chicken, pasta