



# One Pot Chicken Alfredo

Servings 7 | Prep time 5 mins. | Total time 30 mins.

**Equipment:** Large Pot with lid

**Utensils:** Stirring Spoon, Measuring cups and spoons

## Ingredients

1 large chicken breast, cubed  
2 tablespoons olive oil OR vegetable oil  
2 tablespoons all-purpose flour  
1 3/4 cups low-sodium chicken broth  
1 3/4 cups low-fat milk  
2 cloves garlic, minced OR 2 teaspoons garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon black pepper  
8 ounces dry whole grain penne pasta OR whole grain spaghetti  
2 cups (fresh or frozen) broccoli, chopped OR 1  
12 ounce package frozen vegetable mix  
1 cup grated Parmesan cheese

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. In a large pot over medium-high heat, brown chicken in oil.
3. Add flour, broth, milk, garlic, onion powder, black pepper, and pasta to pot and stir well.
4. Bring to a boil, then reduce heat to simmer and cover. Cook until pasta is almost tender, stirring occasionally.
5. Add broccoli or frozen vegetables and cover. Cook until vegetables are tender.
6. Remove from heat and stir in Parmesan cheese.

## Nutritional Information:

Calories 320  
Total Fat 11g  
Sodium 330mg  
Total Carbs 37g  
Protein 20g