

One-Pot Spicy Chicken Pasta

EASY | RECIPE

Ingredients:

1 lb. boneless, skinless chicken breast
2 tbsp extra-virgin olive oil, divided
2-3 tsp Cajun spice or chili powder
½ tsp salt
1 onion, diced
½ lb whole-grain penne or rotini
1 can (15 oz.) diced tomatoes

2 cups no-salt-added chicken broth
3 tbsp cream cheese
3 green onions, sliced
¼ cup fresh chopped cilantro or parsley



Method:

Cut chicken into ¾-inch cubes. **Add** to bowl, and stir in 1 tbsp oil, spice and salt. **In** a large pot, add remaining oil. **Add** chicken and brown for 2-3 minutes. **Add** onion and cook 4 minutes. **Add** pasta, tomatoes and broth. **Stir** to combine. **Bring** to a boil, turn down to a simmer and let cook 10 minutes or until pasta is cooked. **Swirl** cream cheese into the pot. **Top** with green onions and cilantro.

Makes 4 servings. Per serving:

351 calories | 26g protein | 12g total fat | 3g saturated fat | 6g mono fat | 3g poly fat |
37g carbohydrate | 6g sugar | 7g fiber | 527mg sodium