



Chicken Broccoli Alfredo



1-800-WIC-1007

Ingredients

- 2½ cups whole wheat penne pasta, uncooked
- 1 tablespoon oil (olive, canola or vegetable)
- 1 pound boneless skinless chicken breast, cubed into bite-sized pieces
- 3 tablespoons all-purpose flour
- 1 cup low-sodium chicken broth
- 1 cup low-fat milk
- ½ teaspoon garlic powder
- ½ cup shredded mozzarella cheese
- ½ cup Parmesan cheese
- 2 cups fresh or frozen chopped broccoli
- Pepper to taste
- Pinch of nutmeg (optional)

Directions

1. Heat water in a large pot for the pasta and prepare according to package directions.
2. Heat a large skillet on medium and add oil to the pan.
3. Once heated, add the diced chicken to the pan. Stir every 20-30 seconds and allow it to cook for 8-10 minutes until cooked through. Covering the pan will help it cook faster. Adjust heat as needed.
4. Add the flour to the pan with the cooked chicken and stir well until it begins to lightly toast, about 3 minutes.
5. Slowly add the chicken broth, milk, and garlic powder to the pan.
6. Whisk well to break up lumps and allow the liquid to come to a simmer. The mixture will begin to thicken as it simmers after 2-3 minutes.
7. If using frozen broccoli, place in a strainer and rinse under lukewarm water to thaw (or microwave for 2 minutes). Drain the water and add to the pan. Fresh chopped broccoli can be added directly into the pan. Stir frequently for 2-3 minutes.
8. Add the mozzarella and Parmesan cheese and stir until melted.
9. Mix sauce with the cooked pasta and serve.

Serves: 6 People • Serving Size: 1 cup • Prep Time: 20 minutes Cook Time: 25 minutes

Chef Tips

1. Use pre-cooked chicken to save time
2. Substitute your vegetables depending on what is in season
3. Try different types of WIC pasta
4. Use ½ block of low-fat cream cheese in place of the mozzarella cheese
5. Add chopped, fresh herbs, such as dill, thyme, or rosemary, at the end of cooking for more flavor



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Supplies

- Measuring cups
- Measuring spoons
- Cutting board
- Knife
- Pasta pot
- Strainer
- Large skillet
- Liquid measuring cup
- Wooden spoon
- Whisk
- Serving bowl

Nutrition Facts Per Serving: 335 Calories, 9 g Fat, 31 g Carbohydrate, 31 g Protein, 235 mg Sodium