



CHICKEN ALFREDO

With Broccoli

Recipe and photo from www.healthyseasonalrecipes.com

—  —
G L E A N E R S

SERVINGS: 6

SERVING SIZE: 1 CUP

TOTAL TIME: 30 MIN

INGREDIENTS

- 2 1/2 cups uncooked pasta
- 4 cups chopped raw broccoli
- 2 large boneless, skinless chicken breasts cut into cubes
- 1/4 cup + 1 tablespoon all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil, divided
- 3 cloves garlic, minced
- 1 cup reduced-sodium chicken broth
- 2/3 cup skim milk
- 1/4 cup half-and-half
- 1 1/2 teaspoons Dijon mustard
- 1 teaspoon chopped thyme
- 1 cup grated Parmesan cheese

DIRECTIONS

1. Boil water in a large pot and cook pasta 3 minutes less than time listed on package. Add broccoli and continue cooking for 3 minutes.
2. While pasta cooks, toss chicken with flour, salt, and pepper in medium bowl.
3. Heat 1 tablespoon of oil in a large non-stick skillet over medium-high heat. Add chicken, leaving excess flour in the bowl. Cook until browned (about 4 minutes), stirring occasionally. Remove to plate and keep warm.
4. Reduce skillet to medium heat and add 1 tablespoon of oil. Add garlic and cook until fragrant (30-90 seconds).
5. Stir in chicken and remaining flour from bowl. Add broth and stir until combined. Increase heat to high and bring to a simmer, stirring often.
6. Stir in milk, half-and-half, Dijon, and thyme and reduce to medium heat. Stir often until chicken is cooked and sauce is thick (about 4 minutes).
7. Remove from heat and add Parmesan. Stir until sauce is smooth. Stir in pasta and broccoli and top with additional Parmesan if desired.



Visit www.GleanersNutritionHub.org for more recipes and nutrition information!