



# One-Pan Chicken Alfredo

## INGREDIENTS

1 **large chicken breast** cubed (about 1 cup)  
2 tbsp. **oil**  
2 tbsp. **flour**  
1 3/4 cups **chicken stock**  
1 3/4 cups **nonfat or 1% milk**  
1 tsp. **garlic powder**

## DIRECTIONS

- 1 In a skillet over medium-high heat, brown chicken in oil.
- 2 Add flour, stock, milk, seasonings, and pasta to skillet and stir well.
- 3 Bring to a boil, cover and reduce heat; simmer until pasta is almost tender, stirring occasionally.

1/2 tsp. **onion powder**  
1/2 tsp. **dried basil**  
3 cups **dry pasta**  
(get your whole grains by using whole wheat pasta)  
2 cups **fresh or frozen broccoli** chopped  
1 cup **Parmesan cheese** grated

- 4 Add broccoli, then cover and cook until broccoli is tender.
- 5 Remove from heat and stir in cheese.
- 6 Refrigerate leftovers within 2 hours.

**Nutrition Facts:** 220 Total Calories, 8 g Total Fat, 2.5 g Saturated Fat, 30 mg Cholesterol, 320 mg Sodium, 22 g Total Carbohydrate, 1 g Dietary Fiber, 4 g Sugars, 15 g Protein.  
Daily Value of Vitamins: 6% Vitamin A, 35% Vitamin C, 20% Calcium, 6% Iron.

Recipe adapted from [foodhero.org](http://foodhero.org).



For tips and tricks to help your family live healthier, visit [EatSmartWNY.org](http://EatSmartWNY.org).

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