



One-Pot Chicken & Broccoli Pasta

This simple recipe is perfect for those busy weeknights. Opt for a store-bought rotisserie chicken to save time.

Ingredients

- 2 cups unsalted chicken broth
- 2 cups water
- 8 ounces whole-grain small shell pasta
- 2 tablespoons extra-virgin olive oil
- 1½ tablespoons Worcestershire sauce
- 1 tablespoon unsalted tomato paste
- 3 cloves garlic, minced
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 12 ounces broccoli florets, cut into bite-size pieces
- 2 cups shredded cooked chicken breast
- ¾ cup whole-milk plain Greek yogurt
- ¾ cup grated Parmesan cheese, divided
- 2 tablespoons chopped fresh dill

Preparation

1. Combine broth, water, pasta, oil, Worcestershire, tomato paste, garlic, pepper and salt in a large pot or high-sided skillet. Bring to a boil over high heat, stirring occasionally. Add broccoli; cook, stirring often to prevent the pasta from sticking, until the pasta is al dente, the broccoli is tender, and the sauce is creamy, 7 to 8 minutes.
2. Remove from heat, and stir in chicken, yogurt, Parmesan, and dill.

Nutrition (per serving)

Yield 4 servings, calories 530; total fat 18g; total carbohydrates 52g; protein 44g.

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Source: eatingwell.com