



Nourish Recipe

Garlic Chicken Pasta with Vegetables

Servings: 4

Prep: 15 minutes

Cook: 15 minutes

Ready: 30 minutes

Ingredients

8 oz whole grain spiral pasta

4 TBSP olive oil, divided

4 TBSP butter

1 ½ lb boneless, skinless chicken breast, chopped

2 TBSP minced garlic, fresh or jarred

1 TBSP dried Italian seasoning

½ tsp salt

½ tsp black pepper

½ tsp paprika

1 lb frozen broccoli, carrot and corn mixture



What's Hiding In Your Food



Cooking from scratch is a great alternative to relying on frozen or packaged meals that hide excess sodium, sugar, bad fats, and preservatives.



Diets consisting mostly of heavily processed or packaged foods can lead to a suppressed immune system, slower metabolism, and have a negative effect on behavior and focus.



Take helpful shortcuts when creating homemade meals to make cooking easier. Frozen vegetables are a nutritious and fast alternative to chopping, and cooking pasta in advance cuts down on meal prep time.

What you'll need



measuring spoons



pot



large skillet

Garlic Chicken Pasta with Vegetables

Instructions

1. Cook pasta (8 oz) according to package directions.
2. While pasta is cooking, heat a large skillet over medium heat and add half of the olive oil (2 TBSP).
3. Add chicken (1 ½ lb), garlic (2 TBSP), Italian herbs (1 TBSP), salt (½ tsp), pepper (½ tsp) and paprika (½ tsp) and stir to coat chicken with seasonings.
4. Cook until chicken is browned and about half-cooked, about 5-7 minutes.
5. Add vegetables (1 lb) and cook until heated through, about 2-3 minutes. This may take additional time if vegetables are frozen.
6. Add butter (4 TBSP), the rest of the oil (2 TBSP) and cooked pasta to the hot chicken and vegetables and toss until butter is melted and pasta is heated through.



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Nutrition Facts

Servings 4

Amount Per Serving

Calories **621**

% Daily Value

Total Fat 29g **44%**

Saturated Fat 9g **47%**

Monounsaturated Fat 13g

Polyunsaturated Fat 2g

Trans Fat 0g

Cholesterol 113mg **38%**

Sodium 368mg **15%**

Potassium 14mg **0%**

Total Carbohydrate 52g **17%**

Dietary Fiber 6g **25%**

Sugars 4g

Protein 45g **90%**

Vitamin A **10%**

Vitamin C **3%**

Calcium **5%**

Iron **17%**