Pesto Pasta with Chicken, Broccoli, & White Beans
You can use a variety of vegetables, beans, and pestos to create a tasty high fiber, high protein dinner. Make a large batch and save some for lunches during the week.

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
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<tbody>
<tr>
<td>4 cups Broccoli, cut into small florets</td>
<td>364 g</td>
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<tr>
<td>8 oz Whole Grain Pasta (penne, bow tie, etc.)</td>
<td>226 g</td>
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<tr>
<td>1 tsp + 1 Tbsp Olive Oil</td>
<td>10 mL</td>
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<tr>
<td>1 pint Cherry or Grape Tomatoes, whole, washed</td>
<td>298 g</td>
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<tr>
<td>1/2 cup Basil Pesto (see separate recipe)</td>
<td>122 g</td>
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<tr>
<td>3/4 lb Chicken Breast, skinless, cut into 1&quot; cubes</td>
<td>340 g</td>
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<tr>
<td>1/2 cup White Wine, Dry</td>
<td>120 mL</td>
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<tr>
<td>1 (15 oz) can White Beans (such as Cannelini), drained, rinsed and blanched.</td>
<td>425 g</td>
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<tr>
<td>1/4 tsp Red Pepper Flakes</td>
<td>0.5 g</td>
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<tr>
<td>1/2 tsp Salt, Kosher</td>
<td>3 g</td>
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<tr>
<td>To taste Black Pepper, ground</td>
<td>To taste</td>
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</tbody>
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**Preparation:**
1. Gather all ingredients and equipment.
2. Preheat the oven to 400°F (200°C).
3. Prepare an ice bath by adding 2 cups of ice to a medium bowl. Add just enough water to cover the ice and the place a strainer over the icy water. Set the ice bath next to your stove.
4. In a large pot, bring 3 quarts of water to a boil. Add broccoli to boiling water and cook for about 1 minute or until it turns bright green. It's better to remove in sooner than later. With a slotted spoon transfer broccoli from the boiling water into the ice bath to halt the cooking process. Set aside.
5. In a small metal bowl, toss the tomatoes with 1 tsp of oil and spread on a sheet tray. Put tomatoes in the oven and cook until they are blistered and soft, about 15 minutes.
6. Prepare Pesto (see separate recipe).
7. In a large sauté pan, heat 1 Tbsp oil over medium high heat. Add the chicken and brown each side. Cook until the chicken reaches an internal temperature of 165°F (74°C). Remove from pan. Set aside.
8. To deglaze, add white wine to the pan and scrap the bottom with a wooden spoon. Allow the wine to reduce by half.
9. Add pesto, white beans, cooked chicken, red pepper flakes, salt, and pepper to the white wine and stir until combined. Bring to a simmer.
10. Add the pasta, broccoli, and tomatoes to the sauce and fold together until combined. Remove from heat and serve.

**Nutrition Facts on Reverse**
# Nutrition Facts

5 Servings  
**Serving size** 1 1/2 cups

| Amount per serving |  
|-------------------|---|
| **Calories**      | 490  
| Calories from Fat | 120  
| **Total Fat**     | 13 g  
| Saturated Fat     | 2.5 g  
| Trans Fat         | 0 g  
| Monounsaturated Fat | 0 g  
| **Cholesterol**   | 40 mg  
| **Sodium**        | 500 mg  
| **Total Carbohydrate** | 63 g  
| Dietary Fiber     | 13 g  
| Total Sugars      | 5 g  
| Includes 0 g Added Sugars  
| **Protein**       | 32 g  
| Vitamin D         | 0 %  
| Calcium           | 15 %  
| Iron              | 60 %  
| Potassium         | 680 mg  
| Phosphorus        | 138 mg  

Includes 0 g Added Sugars