

## **Pesto Pasta with Chicken, Broccoli, and White Beans (Large Font)**

This dish is a twist on the classic pesto pasta dish. White beans and broccoli help to add protein and fiber.

<b><u>U.S.</u></b>		<b><u>Metric</u></b>
8 oz	Whole Wheat Pasta (penne, bow tie, etc.)	226 g
2 tsp	Olive Oil	10 mL
3/4 lb	Chicken Breast, cut into 1" cubes	340 g
1/2 cup	White Wine, dry	120 mL
4 cups	Broccoli Florets, frozen, thawed	364 g
1/2 cup	Basil Pesto (see separate recipe)	122 g
1 (15oz) can	Cannelini Beans, drained, rinsed	425 g
1/2 tsp	Kosher Salt	3 g
To taste	Black Pepper, Ground	To taste
1/4 tsp	Red Pepper Flakes (optional)	0.5 g

### **Preparation :**

1. Gather all ingredients and equipment.
2. In a large pot, bring 3 quarts of water to a boil. Add pasta and cook until al dente (10-12 minutes). Strain and set aside.
3. Add broccoli to boiling water and cook for about 2 minutes, until bright green, but not mushy. Remove broccoli and place into an ice bath to halt the cooking process. Set aside.
4. Prepare Pesto (see separate recipe)
5. In a large sauté pan, heat oil over medium high heat. Add the chicken and brown each side. Cook until the chicken reaches an internal temperature of 160°F. Remove from pan. Set aside.
6. To deglaze, add white wine to the pan and scrap the bottom with a wooden spoon. Allow the wine to reduce by half.
7. Toss the pasta, broccoli, pesto, tomatoes, white beans, salt, pepper, and red pepper flakes with the chicken in the deglazed pan. Add water or stock as needed to make a creamy sauce.

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## Nutrition Facts

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5 Servings

**Serving size**            **1 1/2 cups**

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**Amount per serving**

**Calories**                    **450**

Calories from Fat        120

**Total Fat**                    13 g

  Saturated Fat            2 g

  Trans Fat                 0 g

  Monounsaturated        2 g

**Cholesterol**                45 mg

**Sodium**                      490 mg

**Total Carbohydrate**    50 g

  Dietary Fiber            10 g

  Total Sugars             4 g

    Includes 0g Added Sugars

**Protein**                      27 g

Vitamin D                    0 %

Calcium                      10 %

Iron                          15 %

Potassium                 918 mg

Phosphorus                239 mg

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