



4 Servings



whole wheat penne with chicken and asparagus

Ingredients

| | |
|---|------------------|
| whole wheat penne pasta | 8 oz (224 grams) |
| extra virgin olive oil | 2 Tbsp |
| boneless skinless chicken breast (uncooked) | 8 oz (224 grams) |
| black pepper | 1/4 tsp |
| garlic powder | 1/4 tsp |
| asparagus | 15 spear, medium |
| garlic | 1 clove |
| chicken broth soup, low-sodium | 1 Cup(s) |
| grated parmesan cheese | 4 Tbsp |

Nutrition Totals

Calories 1432 / **Carbs** 173 g / **Protein** 92 g / **Fat** 48 g / **Fluid** 632 g

Instructions

1. Cook penne according to package directions (omit salt). Drain and set aside.
2. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat.
3. Dice chicken breast and add to hot oil.
4. Season with pepper and garlic powder.
5. Cook until chicken is cooked through and browned. Place chicken in a bowl.
6. Cut asparagus into bite-sized pieces and mince garlic.
7. To the skillet, add the chicken broth, asparagus, garlic, and a pinch more pepper.
8. Cover, and steam until the asparagus is tender.
9. Add chicken and cooked penne in and warm.
10. Drizzle with remaining tablespoon of olive oil. Garnish with Parmesan cheese.

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Nutrition Label

Whole Wheat Penne With Chicken And Asparagus

Amount Per Serving

Calories 358

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 2.4g **12%**

Trans Fat 0g

Cholesterol 40.6mg **14%**

Sodium 193.9mg **8%**

Total Carbohydrates 43.3g **14%**

Dietary Fiber 5.4g **22%**

Total Sugar 2.4g

Protein 22.9g

Vitamin D 2.1IU **0%**

Calcium 77.1mg **8%**

Iron 1.6mg **9%**

Potassium 374.1mg

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.