



Recipe of the Month—June 2015

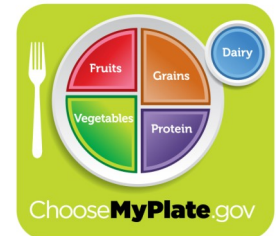
Chicken Alfredo Pasta

Serves 6

Serving Size: 1 1/3 cups

Ingredients:

1 pound	boneless skinless chicken breasts
1 tablespoon	vegetable oil
2 1/2 cups	whole wheat penne or rotini pasta
1 package (16 ounces)	frozen chopped broccoli
1 cup	nonfat milk
8 ounces	low fat cream cheese , cubed
1/2 teaspoon	garlic powder
1/2 cup	grated parmesan cheese
1/2 teaspoon	salt
1/4 teaspoon	pepper



Make MyPlate Your Plate

Directions:

1. Remove fat from chicken on a cutting board and cut meat into bite sized pieces. Wash hands.
2. Begin heating water to boiling in a large pot for pasta.
3. Heat oil in a large skillet on medium high. Add chicken cubes to skillet when oil is hot and stir to coat with oil. Cook the chicken for 20 seconds before stirring again. Cook the chicken for 7 to 9 minutes. Turn the chicken cubes every 20 to 30 seconds.
4. Remove chicken from skillet when it is done cooking and is 165 degrees Fahrenheit. Cover it to keep it warm.
5. Cook the pasta using directions on package. Add the frozen broccoli the last 3 minutes of cooking. Drain the water from the pasta and broccoli. Return food to the pot. Do not cover.
6. Add the milk and cream cheese to the skillet. Stir the mixture constantly over low heat. The mixture will thicken and be smooth.
7. Add the garlic powder, parmesan cheese, salt, and pepper. Stir mixture. Then add cooked chicken and heat mixture.
8. Combine meat mixture with the pasta and broccoli mixture. Serve.

NUTRITION FACTS PER SERVING: 340 calories, 12 g total fat (5 g sat. fat), 75 mg cholesterol, 390 mg sodium, 29 g carbohydrates, 4 g fiber, 4 g sugar, 30 g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2015 Nutrition & Fitness Calendar*