



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.

<u>U.S.</u>		<u>Metric</u>
4 cups	Broccoli, cut into small florets	364 g
8 oz	Whole Grain Pasta (penne, bow tie, etc.)	226 g
1 tsp + 1 Tbsp	Olive Oil	10 mL
1 pint	Cherry or Grape Tomatoes, whole, washed	298 g
1/2 cup	Basil Pesto (see separate recipe)	122 g
3/4 lb	Chicken Breast, skinless, cut into 1" cubes	340 g
1/2 cup	White Wine, Dry	120 mL
1 (15 oz) can	White Beans (such as Cannelini), drained, rinsed and blanched.	425 g
1/4 tsp	Red Pepper Flakes	0.5 g
1/2 tsp	Salt, Kosher	3 g
To taste	Black Pepper, ground	To taste

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.
3. 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.
4. In the same boiling water, add whole wheat pasta and cook until al dente (10-12 minutes). Strain and 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).
8. 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.
9. To deglaze, add white wine to the pan and scrap the bottom with a wooden spoon. Allow the wine to reduce by half.
10. Add pesto, white beans, cooked chicken, red pepper flakes, salt, and pepper to the white wine and stir until combined. Bring to a simmer.
11. Add the pasta, broccoli, and tomatoes to the sauce and fold together until combined. Remove from heat and serve.

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
