



Pesto Pasta with Chicken and Broccoli

4 Servings • 1 Serving = 1 Cup Pasta + ½ Chicken Breast

INGREDIENTS

- 4 handfuls of spinach, 1 handful separated
- ½ cup walnuts
- ¾ cup grated parmesan cheese, ¼ cup separated
- 3 cloves minced garlic, 1 clove separated
- ½ cup olive oil
- Salt and pepper, to taste
- 2 chicken breasts
- 4 cups whole wheat fusilli pasta
- ½ head of broccoli, chopped
- 1 shallot, diced

DIRECTIONS

1. Heat oven to 400°F and line a baking tray.
2. In a small blender or food processor, add 3 handfuls of spinach, walnuts, ½ cup parmesan cheese, 1 clove garlic, olive oil, and salt and pepper. Blend to combine. If the mixture is too dry, add more olive oil. Set aside.
3. Butterfly each chicken breast and cut in half. Place on the baking tray and season with salt and pepper. Roast for 15 - 20 minutes or until chicken is thoroughly cooked, turning halfway through.
4. Boil the pasta per package instructions. When finished cooking, drain and set aside. Keep the pasta water.
5. Add the broccoli to the pasta water and boil for 3 minutes. Drain and set aside.
6. In a large skillet, add the shallot and 2 cloves of garlic. Cook on medium heat until fragrant.
7. Add the pasta and broccoli to the skillet and stir in 1 cup of pesto. Add 1 handful of spinach and cook until it wilts.
8. Divide into four bowls. Place ½ of a chicken breast on top of each bowl and sprinkle the remaining parmesan cheese on each bowl.

Nutrition Facts	
4 servings per container	
Serving size	1 cup pasta & 1/2 chicken breast (288g)
Amount per serving	
Calories	770
% Daily Value*	
Total Fat 43g	84%
Saturated Fat 7g	36%
Trans Fat 0g	
Cholesterol 55mg	16%
Sodium 420mg	16%
Total Carbohydrate 66g	24%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 224mg	15%
Iron 4mg	20%
Potassium 269mg	6%
<small>*The % Daily Value 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.</small>	

chefs.org

@CHEFSanAntonio

