

One-Pot Chicken & Broccoli Pasta

★★★★☆☆

This creamy chicken and broccoli pasta makes for a quick and easy weeknight dinner. We opt for small shells in this recipe, but any other small pasta, like orecchiette, would work, too.

Total: 20 mins

Active: 20 mins

Servings: 4



Jennifer Causey

Ingredients

2 cups unsalted chicken broth
 2 cups water
 8 ounces whole-grain small shell pasta
 2 tablespoons extra-virgin olive oil
 1 ½ tablespoons Worcestershire sauce
 1 tablespoon unsalted tomato paste
 3 cloves garlic, minced
 ½ teaspoon ground pepper
 ¼ teaspoon salt
 12 ounces broccoli florets, cut into bite-size pieces
 2 cups shredded cooked chicken breast
 ¾ cup whole-milk plain Greek yogurt
 ¾ cup grated Parmesan cheese, divided
 2 tablespoons chopped fresh dill

Directions

Combine broth, water, pasta, oil, Worcestershire, tomato paste, garlic, pepper and salt in a large pot or high-sided skillet. Bring to a boil over high heat, stirring occasionally. Add broccoli; cook, stirring often to prevent the pasta from sticking, until the pasta is al dente, the broccoli is tender and the sauce is creamy, 7 to 8 minutes.

Remove from heat, and stir in chicken, yogurt, Parmesan and dill.

Nutrition Facts

Serving Size: about 2 cups

Per Serving: 530 calories; fat 18g; cholesterol 77mg; sodium 625mg; carbohydrates 52g; dietary fiber 8g; protein 44g; sugars 7g; niacin equivalents 15mg; saturated fat 6g; vitamin a iu 2769IU; potassium 891mg.

