



One-Pot Creamy Tuscan Chicken & Veggie Pasta

Serves: 6



Ingredients

- 1 lb boneless, skinless chicken breast, cut into bite-sized pieces
- 2 tsp olive oil
- 8 oz whole wheat pasta (penne or rotini)
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 2 cups broccoli florets
- 1 zucchini, diced
- 1 red bell pepper, diced
- 2 cups baby spinach
- 1 pint cherry tomatoes, halved
- 3 cups low-sodium chicken broth
- 1 cup 2% milk
- ½ cup plain Greek yogurt
- ⅓ cup grated Parmesan cheese
- 1 tsp Italian seasoning
- ½ tsp paprika
- Salt and black pepper to taste
- Fresh basil or parsley for garnish (optional)



Instructions

1. Heat olive oil in a large Dutch oven or deep skillet over medium-high heat. Add the chicken, season with paprika, salt, pepper, and Italian seasoning, and cook for 4–5 minutes until lightly browned.
2. Add the onion and garlic and cook for 2 minutes.
3. Stir in the broccoli, zucchini, bell pepper, cherry tomatoes, uncooked pasta, chicken broth, and milk.
4. Bring to a boil, then reduce to a simmer. Cover and cook for 12–15 minutes, stirring occasionally, until the pasta is tender and most of the liquid has been absorbed.
5. Remove the pot from the heat. Stir in the spinach until wilted.
6. Mix the Greek yogurt and Parmesan together in a small bowl, then stir into the pasta until creamy. (Adding them off the heat helps prevent the yogurt from curdling.)
7. Taste and adjust seasonings as needed. Garnish with fresh herbs if desired.



Nutrition Highlights (Approximate, per serving)

- **Protein:** 30–35g
- **Fiber:** 8–10g
- Plenty of vegetables in every serving
- Balanced with lean protein, whole grains, and healthy fats