# One Pot Chicken Pesto Pasta

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*Effortless Chicken Pesto Pasta.*



**Yield:** 4 servings

**Ingredients:**

1 lb. Boneless chicken thighs

1 tsp. Paprika

1 tsp. garlic powder

½ tsp. salt

1 tsp. Black pepper

Olive oil, as needed

16 oz. Vegetable broth

1 cup Uncooked pasta, your choice

1 cup Broccoli florets

1 cup Cauliflower florets

1 cup Cherry tomatoes halved

1/3 cup Pesto sauce

**Method of Preparation:**

1. Mix chicken thighs with paprika, garlic powder, salt, and pepper.
2. In a large sauté pan, heat oil, and add the seasoned chicken, sear evenly on both sides until golden brown; remove from pan.
3. Using the same sauté pan, heat the vegetable broth to a boil.
4. Add in the pasta, and reduce the heat to a simmer, cook for about 11-12 minutes.
5. Add the broccoli, and cauliflower florets and cook covered for 7 minutes.
6. Return chicken to the sauté pan and cook covered, 2 minutes or until pasta is tender and chicken is no longer pink, mix occasionally.
7. Add the cherry tomatoes, and pesto sauce, heat through and enjoy!

**Nutritional Analysis:** Per serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories: | 400 kcal | Fiber: | 4 g |  Sugars: | 4 g |
| Total Fat: | 18 g | Cholesterol: | 75 mg | Sodium: | 646 mg |
| Saturated Fat: | 4 g |  |  |  |  |
| Protein: | 30 g  |  |  |
| Carbohydrates: | 29 g |  |  |  |  |
|  |  |  |  |  |  |