

# Penne w/ Chicken, Asparagus, & Lemon



Recipe serves
6

Ingredient	Amount
Olive Oil	1 tbsp
Boneless, Skinless Chicken Breast trimmed and sliced thin	1 lb
Leek, white & light green parts only, halved lengthwise, sliced thin, and washed	1 ---
Garlic Cloves, minced	6 ---
Minced Fresh Thyme	2 tsp
All purpose flour	2 tsp
Low Sodium Chicken Broth	2 cup
Grated Parmesan Cheese	3/4 cup
Lemon zest	2 tsp
Lemon Juice from 2 lemons	1/4 cup
Asparagus, tough ends trimmed, and sliced on the bias into 1 inch lengths	1 lb
Whole-Wheat Penne	12 oz
Shredded Fresh Basil	2 tbsp

1. Heat 1-1/2 tsp of oil in a 12 in nonstick skillet. over high heat until just smoking. Add the chicken, break up any clumps, and cook until lightly browned but not fully cooked, about 3 minutes. Transfer to bowl
2. Add the remaining 1-1/2 tsp oil to the skillet & return to medium heat until shimmering. Add the leek and cook until softened, about 5 min. Stir in the garlic and thyme and cook until fragrant, about 30 seconds.
3. Stir in the flour and cook for 1 min. Slowly whisk in the broth and bring to a simmer, scraping up any browned bits. Cook, stirring occasionally, until the sauce has thickened, about 15 min.
4. Return chicken w/any accumulated juice to the skillet. Simmer until the chicken is cooked through, about 1 min. Off the heat, stir in the Parmesan, lemon zest, and lemon juice. Season with salt and pepper to taste.
5. Meanwhile, bring 4 quarts water to a boil in a large pot. Add the asparagus and 1 tablespoon salt and cook, stirring often, until crisp-tender, 2 - 4 minutes. Using a slotted spoon, transfer asparagus to a paper towelled plate and set aside.
6. Return the water to a boil, add the pasta, and cook stirring often, until al dente. Reserve 1/2 cup of the cooking water then drain the pasta and return to pot.
7. Add the chicken-broth mixture, asparagus, and basil to the pasta and toss to combine. Add the reserved water as needed to loosen sauce if needed.

Per 1 -2/3 cup serving: Cal 380; Fat 7g; Sat Fat 1.5g; Chol 50mg; Carb 44g; Protein 29g; Fiber 8g; Sodium 540mg