

chicken pesto pasta

Makes 4 servings

PREP TIME: 10 minutes

COOK TIME: 15 minutes

8 oz pasta of choice (chickpea, red lentil, etc.)

1 cup pesto (I used one container of Trader Joe's Vegan Kale, Cashew, & Basil Pesto)

¼ cup plain Greek yogurt

1 Tbsp olive oil

2-3 cups broccoli florets (can also use mushrooms, zucchini, spinach, or any vegetable of choice)

2 tsp garlic powder, divided

2 Tbsp water

1 cup cherry tomatoes, halved

¼ cup grated parmesan cheese

1 lb boneless, skinless chicken breast

1 tsp Green Goddess seasoning blend (or any dried herbs of choice)

salt and pepper, to taste

SEASON chicken breasts with garlic powder, Green Goddess seasoning blend, salt and pepper.

AIR FRY (or use oven convection setting) chicken at 400°F for 15 minutes or until fully cooked through, flipping halfway. Once cooked, slice into bite-sized pieces.

HEAT olive oil over medium-high heat in a large skillet. Once the oil is hot, add broccoli florets in an even layer. Cook 2 to 3 minutes until the broccoli starts to brown, stirring occasionally.

REDUCE heat to medium and add in water and garlic powder. Cover pan with lid and cook an additional 5 minutes, or until the broccoli is bright green and tender.

BRING a large pot of salted water to a boil. Cook pasta until al dente, according to package instructions.

WHILE the pasta cooks, combine pesto and Greek yogurt in a small bowl.

ONCE the pasta is cooked, drain well in a colander. Add pasta, tomatoes and pesto sauce to the skillet with the broccoli. Stir to combine.

TOP with parmesan cheese and chicken and enjoy!

