



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

CHICKEN BROCCOLI ALFREDO

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| 1 tablespoon olive oil | 2 teaspoons lemon pepper seasoning |
| 1 pound boneless, skinless chicken breast halves, cut into bite-size pieces | ½ teaspoon garlic powder |
| 1 clove garlic, minced | 8 ounces penne or small shell pasta |
| 1 can (14 ounces) reduced-sodium chicken broth | 3 ½ cups broccoli florets |
| 1 cup water | 2 cups fat free half and half |
| | ½ cup grated parmesan cheese |

1. In large non-stick skillet, heat olive oil over medium-high heat. Add chicken and garlic; cook stirring frequently until chicken is cooked, about 5 minutes. Remove chicken; cover and keep warm.
2. In same skillet, bring broth, water, lemon pepper, and garlic powder to a boil over medium-high heat; add pasta. Reduce heat, cover, and simmer stirring occasionally until most of the liquid is absorbed, about 10 to 15 minutes.
3. Add broccoli and half and half; cover and cook stirring occasionally until pasta and vegetables are tender and sauce is slightly thickened, about 10 minutes. Stir in cooked chicken.
4. Remove from heat; stir in half of the cheese. Sprinkle remaining cheese over top.

Makes 6 servings.

