

Creamy Chicken Alfredo Pasta

Adapted from [Belly Fat Cure](#)

Ingredients:

6 ounce Whole Wheat Spaghetti, uncooked
1/2 cup Classico Creamy Alfredo Sauce
1/2 cup chicken broth
1 cup broccoli florets, chopped
2 chicken breasts, cooked and diced about 2 cups
1/4 cup basil, chiffonade
2 tablespoon fresh oregano, chopped finely
1/4 cup grated Parmesan
1/4 cup Italian parsley, chopped finely

Preparation:

Cook the pasta according to package directions. Drain and set aside.

In a medium saucepan, stir together the sauce and broth over medium heat until simmering. Add the chicken and cook until warmed through (approximately 5-7 minutes). Add the broccoli and cook for 2-3 minutes more. Add the sauce to the pasta.

Toss the pasta with basil, oregano, and Parmesan. Garnish with parsley. Enjoy.

Yield: 4 large servings (about 1 ½ cups)

Nutritional Data: Calories: 324; Carbs: 28g; Sugar: 1g; Fiber: 6g

Printed from [Mrs. Regueiro's Plate](#)