

Chicken Primavera

Serving Size: ¼ of recipe | Servings per Recipe: 4 | Healthy



INGREDIENTS

- 8 oz whole wheat pasta
- 1 can canned chicken (5 oz), drained
- 1 can mixed vegetables or peas & carrots, drained
- ½ can no-sodium diced tomatoes (about ¾ cup)
- ½ cup pasta sauce (low sodium)
- ¼ teaspoon garlic powder (optional)
- ¼ teaspoon Italian seasoning (optional)

DIRECTIONS

- Cook whole wheat pasta according to package directions. Drain.
- In a skillet, add pasta sauce, diced tomatoes, and seasonings. Heat 3 minutes.
- Add canned chicken and mixed vegetables. Warm 3–5 minutes.
- Add cooked pasta to the skillet and toss to coat evenly.
- Serve warm.



Calories per serving: 310 kcal | 5 g total fat | 48 g total carbohydrates | 18 g protein