

# HEALTHY CHICKEN PASTA RECIPES



Penne with  
Roasted  
Chicken &  
Radicchio

Peanut  
Noodles with  
Shredded  
Chicken &  
Vegetables

Chicken &  
Blueberry  
Pasta Salad

Chicken  
Piccata with  
Pasta &  
Mushrooms

Chicken &  
Sun-Dried  
Tomato Orzo

Cheesy  
Chicken  
Pasta

Sesame  
Chicken  
Cucumber  
Noodle  
Salad

Creamy  
Mustard  
Chicken

# Healthy Chicken Pasta Recipes

## PENNE WITH ROASTED CHICKEN & RADICCHIO

☒ Heart Health ☐ Diabetes  
☐ Weight Loss ☐ Gluten Free

**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

*Radichio is a brawlingly bitter green that becomes impossibly meek and mild when simmered. Paired with some cheese and the meat from a rotisserie chicken, it cooks up quickly into a memorable pasta dish.*

- 1 pound whole-wheat penne
- 1 head radicchio, torn into 1-inch pieces
- ½ cup freshly grated Parmesan cheese, divided
- 2 teaspoons extra-virgin olive oil
- 1 2-pound roasted chicken, skin discarded, meat removed from bones and shredded (4 cups)
- ¼ cup balsamic vinegar
- Freshly ground pepper to taste
- ¼ cup chopped walnuts

1. Cook pasta in a large pot of boiling water until just tender, 8 to 10 minutes or according to package directions.
2. Drain the pasta, reserving ¼ cup of the cooking liquid. Place radicchio and the reserved liquid in the pot and cook over medium heat, stirring constantly, until wilted, 2 to 3 minutes. Stir in the pasta, 2 tablespoons Parmesan, oil, chicken, vinegar and pepper and continue cooking until the cheese starts to melt, 1 to 2 minutes. Serve the pasta garnished with walnuts and the remaining cheese.

**SERVES 6:** 1½ CUPS EACH

**Per serving:** 463 calories; 12 g fat (3 g sat, 4 g mono); 60 mg cholesterol; 60 g carbohydrate; 0 g added sugars; 30 g protein; 7 g fiber; 223 mg sodium; 263 mg potassium.





# Healthy Chicken Pasta Recipes

## PEANUT NOODLES WITH SHREDDED CHICKEN & VEGETABLES

☒ Heart Health ☒ Diabetes  
☒ Weight Loss ☐ Gluten Free

**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

**TO MAKE AHEAD:** Cover and refrigerate for up to 2 days. To serve, stir in 2 tablespoons warm water per portion; serve cold or reheat in microwave.

*If you can't find a bagged vegetable medley for this easy noodle bowl, choose 12 ounces of cut vegetables from your market's salad bar and create your own mix.*

- 1 pound boneless, skinless chicken breasts
- ½ cup smooth natural peanut butter
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons minced garlic
- 1½ teaspoons chile-garlic sauce, or to taste (see Tip)
- 1 teaspoon minced fresh ginger
- 8 ounces whole-wheat spaghetti
- 1 12-ounce bag fresh vegetable medley, such as carrots, broccoli, snow peas

1. Put a large pot of water on to boil for cooking pasta.
2. Meanwhile, place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board. When cool enough to handle, shred into bite-size strips.
3. Whisk peanut butter, soy sauce, garlic, chile-garlic sauce and ginger in a large bowl.
4. Cook pasta in the boiling water until not quite tender, about 1 minute less than specified in the package directions. Add vegetables and cook until the pasta and vegetables are just tender, 1 minute more. Drain, reserving 1 cup of the cooking liquid. Rinse the pasta and vegetables with cool water to refresh. Stir the reserved cooking liquid into the peanut sauce; add the pasta, vegetables and chicken; toss well to coat. Serve warm or chilled.



**SERVES 6:** 1½ CUPS EACH

**Per serving:** 371 calories; 13 g fat (2 g sat, 1 g mono); 42 mg cholesterol; 38 g carbohydrate; 0 g added sugars; 27 g protein; 8 g fiber; 369 mg sodium; 278 mg potassium.

**Nutrition bonus:** Vitamin A (76 % daily value), Vitamin C (47% dv), Magnesium (21% DV), Iron (16% dv).

**Carbohydrate servings:** 2

**Exchanges:** 2 starch, 1½ vegetable, 3 lean meat

## TIP

Chile-garlic sauce (or chili-garlic sauce, or paste) is a blend of ground chiles, garlic and vinegar and is commonly used to add heat and flavor to Asian soups, sauces and stir-fries. It can be found in the Asian section of large supermarkets and keeps up to 1 year in the refrigerator.

# Healthy Chicken Pasta Recipes

## CHICKEN & BLUEBERRY PASTA SALAD

☒ Heart Health ☒ Diabetes  
☒ Weight Loss ☐ Gluten Free

**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

**TO MAKE AHEAD:** Add everything except the blueberries and dressing to the pasta salad. Cover and refrigerate pasta salad, blueberries and dressing separately for up to 1 day. Toss together just before serving.

*Yes, blueberries and pasta. The addition of poached chicken and feta cheese makes this dish into a light and satisfying summer supper that's also great for a potluck. If you already have some leftover chicken, skip Step 1 and add shredded chicken in Step 4.*

- 1 pound boneless, skinless chicken breast, trimmed of fat
- 8 ounces whole-wheat fusilli or radiatore
- 3 tablespoons extra-virgin olive oil
- 1 large shallot, thinly sliced
- 1/3 cup reduced-sodium chicken broth
- 1/3 cup crumbled feta cheese
- 3 tablespoons lime juice
- 1 cup fresh blueberries
- 1 tablespoon chopped fresh thyme
- 1 teaspoon freshly grated lime zest
- 1/4 teaspoon salt

**1.** Place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size strips.

**2.** Bring a large pot of water to a boil. Cook pasta until just tender, about 9 minutes or according to package directions. Drain. Place in a large bowl.

**3.** Meanwhile, place oil and shallot in a small skillet and cook over medium-low heat, stirring occasionally, until softened and just beginning to brown, 2 to 5 minutes. Add broth, feta and lime juice and cook, stirring occasionally, until the feta begins to melt, 1 to 2 minutes.

**4.** Add the chicken to the bowl with the pasta. Add the dressing, blueberries, thyme, lime zest and salt and toss until combined.



**SERVES 6:** ABOUT 1 1/2 CUPS EACH

**Per serving:** 320 calories; 11 g fat (3 g sat, 6 g mono); 49 mg cholesterol; 34 g carbohydrate; 0 g added sugars; 23 g protein; 5 g fiber; 261 mg sodium; 255 mg potassium.

**Nutrition bonus:** Magnesium (18% daily value).

**Carbohydrate servings:** 2

**Exchanges:** 2 starch, 2 lean meat, 1 fat



# Healthy Chicken Pasta Recipes

## CHICKEN PICCATA WITH PASTA & MUSHROOMS

☒ Heart Health ☒ Diabetes  
☒ Weight Loss ☐ Gluten Free

**ACTIVE:** 40 MIN **TOTAL:** 40 MIN

*Our chicken piccata, served over whole-wheat pasta, has a rich lemon-caper sauce that's made with extra-virgin olive oil and just a touch of butter for flavor. If you like, you can use a mild fish like tilapia or even shrimp instead of chicken breast.*

- 6 ounces whole-wheat angel hair pasta
- 1/3 cup all-purpose flour, divided
- 2 cups reduced-sodium chicken broth
- 1/2 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper
- 4 chicken cutlets (3/4-1 pound total), trimmed
- 3 teaspoons extra-virgin olive oil, divided
- 1 10-ounce package mushrooms, sliced
- 3 large cloves garlic, minced
- 1/2 cup white wine
- 2 tablespoons lemon juice
- 1/4 cup chopped fresh parsley
- 2 tablespoons capers, rinsed
- 2 teaspoons butter

1. Bring a large pot of water to a boil. Add pasta and cook until just tender, 4 to 6 minutes or according to package directions. Drain and rinse.
2. Meanwhile, whisk 5 teaspoons flour and broth in a small bowl until smooth. Place the remaining flour in a shallow dish. Season chicken with 1/4 teaspoon salt and pepper and dredge both sides in the flour. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the chicken and cook until browned and no longer pink in the middle, 2 to 3 minutes per side. Transfer to a plate; cover and keep warm.
3. Heat the remaining 1 teaspoon oil in the pan over medium-high heat. Add mushrooms and cook, stirring, until they release their juices and begin to brown, about 5 minutes. Transfer to a plate. Add garlic and wine to the pan and cook until reduced by half, 1 to 2 minutes. Stir in the reserved broth-flour mixture, lemon juice and the remaining 1/4 teaspoon salt. Bring to a simmer



and cook, stirring, until the sauce is thickened, about 5 minutes.

4. Stir in parsley, capers, butter and the reserved mushrooms. Measure out 1/2 cup of the mushroom sauce. Toss the pasta in the pan with the remaining sauce. Serve the pasta topped with the chicken and the reserved sauce.

**SERVES 4**

**Per serving:** 394 calories; 9 g fat (2 g sat, 4 g mono); 52 mg cholesterol; 46 g carbohydrate; 0 g added sugars; 27 g protein; 4 g fiber; 670 mg sodium; 778 mg potassium.

**Nutrition bonus:** Potassium (22% daily value), Vitamin C (20% dv), Iron (16% dv)

**Carbohydrate servings:** 3

**Exchanges:** 2 1/2 starch, 1/2 vegetable, 3 1/2 lean meat

# Healthy Chicken Pasta Recipes

## CHICKEN & SUN-DRIED TOMATO ORZO

☒ Heart Health ☐ Diabetes  
☐ Weight Loss ☐ Gluten Free

**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

*Sun-dried tomatoes and Romano cheese pack a flavorful punch along with the tantalizing aroma of fresh marjoram in this rustic Italian-inspired dish. Serve with sautéed fresh spinach or steamed broccolini.*

- 8 ounces orzo, preferably whole-wheat
- 1 cup water
- ½ cup chopped sun-dried tomatoes (not oil-packed), divided
- 1 plum tomato, diced
- 1 clove garlic, peeled
- 3 teaspoons chopped fresh marjoram, divided
- 1 tablespoon red-wine vinegar
- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- 4 boneless, skinless chicken breasts, trimmed (1-1¼ pounds)
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 9-ounce package frozen artichoke hearts, thawed
- ½ cup finely shredded Romano cheese, divided

1. Cook orzo in a large saucepan of boiling water until just tender, 8 to 10 minutes or according to package directions. Drain and rinse.
2. Meanwhile, place 1 cup water, ¼ cup sun-dried tomatoes, plum tomato, garlic, 2 teaspoons marjoram, vinegar and 2 teaspoons oil in a blender. Blend until just a few chunks remain.
3. Season chicken with salt and pepper on both sides. Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook, adjusting the heat as necessary to prevent burning, until golden outside and no longer pink in the middle, 3 to 5 minutes per side. Transfer to a plate; tent with foil to keep warm.
4. Pour the tomato sauce into the pan and bring to a boil. Measure out ½ cup sauce to a small bowl. Add the remaining ¼ cup sun-dried tomatoes to the pan along with the



orzo, artichoke hearts and 6 tablespoons cheese. Cook, stirring, until heated through, 1 to 2 minutes. Divide among 4 plates.

5. Slice the chicken. Top each portion of pasta with sliced chicken, 2 tablespoons of the reserved tomato sauce and a sprinkling of the remaining cheese and marjoram.

### SERVES 4

**Per serving:** 457 calories; 12 g fat (3 g sat, 6 g mono); 68 mg cholesterol; 54 g carbohydrate; 0 g added sugars; 36 g protein; 10 g fiber; 372 mg sodium; 546 mg potassium.

**Nutrition bonus:** Folate (34% daily value), Iron (25% dv), Potassium (16% dv), Calcium & Vitamin C (15% dv).



# Healthy Chicken Pasta Recipes

## CHEESY CHICKEN PASTA

☒ Heart Health ☐ Diabetes

☐ Weight Loss ☐ Gluten Free

**ACTIVE:** 35 MIN **TOTAL:** 35 MIN

*This ooey-gooey pasta dish is a crowd-pleaser for adults and kids alike—think rich and creamy macaroni-and-cheese tossed with cauliflower and chicken. Serve with a spinach salad.*

- 8 ounces whole-wheat penne
- 2 cups ½-inch cauliflower florets
- 1 tablespoon extra-virgin olive oil
- ½ cup finely chopped onion
- ½ cup dry white wine
- 3 cups low-fat milk
- 3 tablespoons all-purpose flour
- ¾ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 cup shredded Gruyère or Swiss cheese
- 3 cups shredded cooked chicken or turkey (12 ounces; see *Tip*)
- 1 teaspoon Dijon mustard
- 2 tablespoons chopped fresh chives or scallion greens

**1.** Bring a large pot of water to a boil. Add pasta and cook for 5 minutes. Add cauliflower florets and cook until the pasta and florets are tender, about 4 minutes more. Drain, rinse and return to the pot.

**2.** Meanwhile, heat oil in a large saucepan over medium heat. Add onion and cook, stirring, until tender, 2 to 3 minutes. Add wine and cook until reduced slightly, about 1 minute. Whisk milk, flour, salt and pepper together in a medium bowl and add to the pan. Bring to a boil over medium-high heat, stirring frequently. Cook, stirring, until thickened, about 1 minute. Reduce heat to low and stir in cheese until smooth. Stir chicken (or turkey) and mustard into the cheese sauce; cook until heated through, about 2 minutes.

**3.** Stir the sauce into the drained pasta and cauliflower. Serve sprinkled with chives (or scallion greens).



**SERVES 6:** ABOUT 1⅓ CUPS EACH

**Per serving:** 433 calories; 13 g fat (5 g sat, 5 g mono); 75 mg cholesterol; 42 g carbohydrate; 0 g added sugars; 34 g protein; 5 g fiber; 491 mg sodium; 483 mg potassium.

**Nutrition bonus:** Vitamin C (38% daily value), Calcium (35% dv), Potassium (20% dv).

## TIP

To quickly poach boneless, skinless chicken breasts, place in a large skillet or saucepan. Add lightly salted water (or chicken broth) to cover and bring to a boil. Cover, reduce heat to low and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 20 minutes, depending on size.

# Healthy Chicken Pasta Recipes

## SESAME CHICKEN CUCUMBER NOODLE SALAD

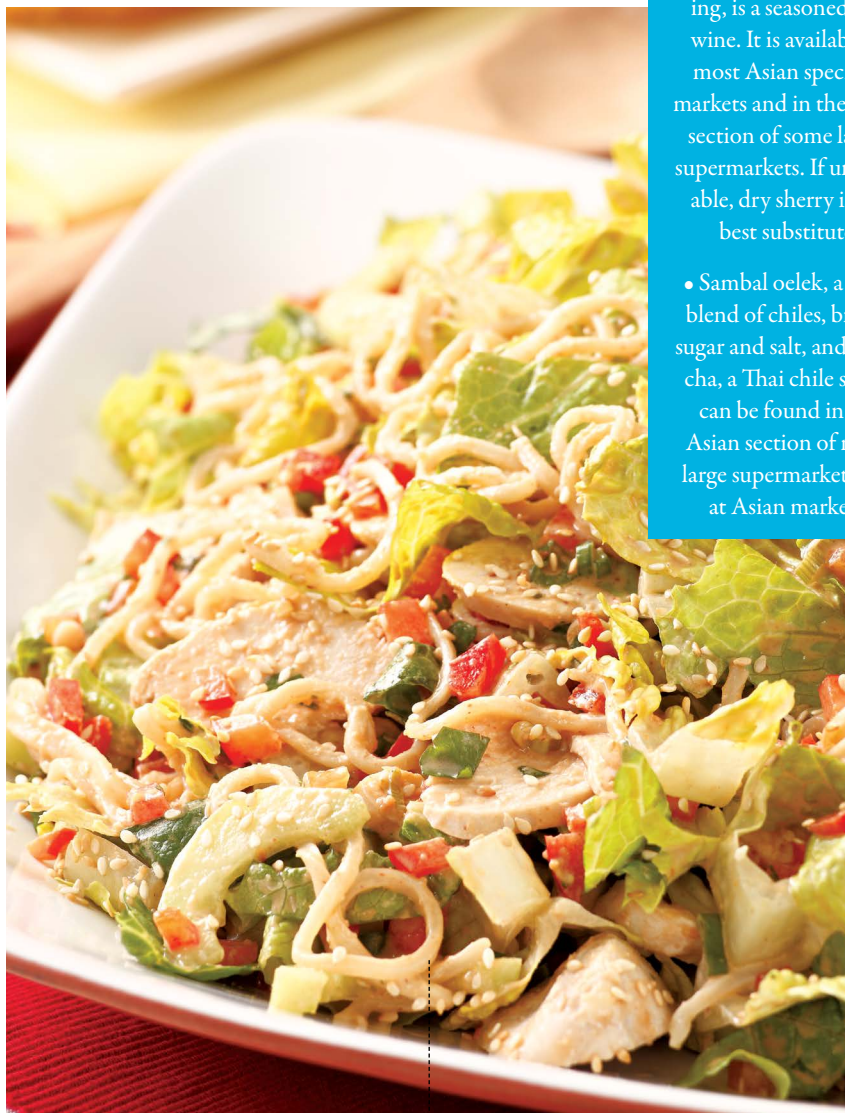
- ☒ Heart Health ☒ Diabetes
- ☒ Weight Loss ☐ Gluten Free

**ACTIVE:** 45 MIN **TOTAL:** 45 MIN

**TO MAKE AHEAD:** Cover and refrigerate the salad for up to 1 day or prepare the dressing (Step 2), cover and refrigerate for up to 5 days; thin with a little water as needed.

*This sesame chicken and noodle salad couldn't be simpler to make. And the secret to this saucy sesame chicken and noodle salad is in its beautiful raw veggies—it's got great crunch. It's a simple, healthy, affordable dish to serve on a hot summer's night or to bring to a potluck: just toss the salad with the dressing when you're ready to serve. (Recipe adapted from Simply Ming One-Pot Meals by Ming Tsai and Arthur Boehm; Kyle Books, 2010.)*

- 8 ounces Chinese egg noodles or other thin noodles or pasta, fresh or dried
  - 1 cup creamy peanut butter
  - $\frac{3}{4}$  cup rice vinegar
  - 2 tablespoons toasted sesame oil
  - 2 tablespoons Shaoxing wine or dry sherry (see *Tips*)
  - 1 cup thinly sliced scallions
  - $\frac{1}{4}$  cup chopped fresh cilantro (optional)
  - 2 tablespoons naturally brewed reduced-sodium soy sauce
  - 1 tablespoon Asian chile sauce, such as sambal oelek or Sriracha (see *Tips*)
  - 2 heads baby romaine or 1 head regular romaine lettuce
  - $\frac{1}{2}$  pounds cooked boneless, skinless chicken breasts (see *Tip*, page 7), sliced crosswise into  $\frac{1}{4}$ -inch slices and chilled
  - 2 medium red bell peppers, cut into  $\frac{1}{4}$ -inch dice
  - 1 large English cucumber, peeled, seeded, halved lengthwise and cut into  $\frac{1}{4}$ -inch slices
  - Salt to taste
  - Freshly ground pepper to taste
  - Toasted sesame seeds for garnish
1. Fill a large bowl with water and add ice cubes. Cook noodles in boiling water until just tender, 2 to 4 minutes if fresh, about 6 minutes for dry (or according to package directions).



Drain and transfer the noodles to the ice water. When the noodles are cold, drain well and transfer to a very large bowl. Set aside.

**2.** Meanwhile, whisk peanut butter, vinegar, sesame oil and Shaoxing (or sherry) in a bowl until smooth. Add scallions, cilantro, if using, soy sauce and hot sauce, and stir to blend.

**3.** If using baby romaine, half lengthwise, notch out the core, and cut crosswise into  $\frac{1}{2}$ -inch pieces. If using regular romaine, remove the tougher outer leaves. Halve lengthwise, notch out the core, halve again, and cut crosswise into  $\frac{1}{2}$ -inch pieces. You should have about 8 cups.

**4.** Add the lettuce, chicken, bell peppers and cucumber to the noodles. Add three-

fourths of the dressing and toss to coat. Season with salt and pepper. Add the remaining dressing if desired.

**5.** Transfer the salad to a serving bowl. Serve garnished with sesame seeds.

**SERVES 12:** ABOUT  $1\frac{1}{3}$  CUPS EACH

**Per serving:** 242 calories; 11 g fat (2 g sat, 5 g mono); 34 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 18 g protein; 3 g fiber; 312 mg sodium; 386 mg potassium.

**Nutrition bonus:** Vitamin A (69% daily value), Vitamin C (48% dv), Folate (19% dv).

**Carbohydrate servings:** 1

**Exchanges:** 1 starch, 1 vegetable,  $1\frac{1}{2}$  lean meat, 2 fat

## TIPS

- Shao Hsing, or Shaoxing, is a seasoned rice wine. It is available at most Asian specialty markets and in the Asian section of some larger supermarkets. If unavailable, dry sherry is the best substitute.
- Sambal oelek, a spicy blend of chiles, brown sugar and salt, and Sriracha, a Thai chile sauce, can be found in the Asian section of many large supermarkets and at Asian markets.



# Healthy Chicken Pasta Recipes

## CREAMY MUSTARD CHICKEN

☒ Heart Health ☐ Diabetes

☐ Weight Loss ☐ Gluten Free

**ACTIVE:** 35 MIN **TOTAL:** 35 MIN

*In this healthy, creamy mustard chicken recipe, thin-sliced chicken breasts (sometimes labeled chicken cutlets) cook quickly and are delicious smothered in a velvety, light mustard sauce and garnished with fresh chopped sage. If you can't find chicken cutlets, cut boneless, skinless chicken breast into 4-ounce pieces and place between pieces of plastic wrap. Pound with a meat mallet, rolling pin or heavy skillet until flattened to about 1/2 inch thick.*

- 1/2 package whole-wheat angel hair pasta (7-8 ounces)
- 4 thin-sliced chicken breasts or cutlets (about 1 pound)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1/4 cup all-purpose flour
- 3 tablespoons extra-virgin olive oil, divided
- 1 large shallot, finely chopped
- 1/2 cup dry white wine
- 1/2 cup water
- 1/4 cup reduced-fat sour cream
- 2 tablespoons Dijon mustard
- 2 tablespoons chopped fresh sage, plus more for garnish

1. Bring a large saucepan of water to a boil. Add pasta and cook according to package instructions. Drain.
2. Meanwhile, sprinkle chicken with garlic powder and 1/4 teaspoon each salt and pepper. Place flour in a shallow bowl and coat both sides of the chicken, shaking off any excess. Reserve 2 teaspoons flour; discard the rest.
3. Heat 2 tablespoons oil in a large skillet over medium-high heat. Cook the chicken, turning once, until golden brown and cooked through, 3 to 4 minutes per side. Transfer to a clean plate.
4. Reduce heat to medium and add the remaining 1 tablespoon oil to the pan. Add shallot and cook, stirring, until beginning to brown, 30 seconds to 1 minute. Add wine and



cook, stirring occasionally, for 1 minute. Combine water with the reserved 2 teaspoons flour. Add to the pan and cook, stirring, until thickened, about 1 minute. Remove from the heat; stir in sour cream, mustard, 2 tablespoons sage and the remaining 1/4 teaspoon each salt and pepper. Return the chicken to the pan and turn to coat with the sauce.

5. Top the pasta with half the sauce, the chicken and then the remaining sauce. Garnish with more sage, if desired.

**SERVES 4:** 1 CUTLET & 1 CUP PASTA WITH 1/4 CUP SAUCE EACH

**Per serving:** 447 calories; 16 g fat (3 g sat, 10 g mono); 69 mg cholesterol; 42 g carbohydrate; 0 g added sugars; 31 g protein; 6 g fiber; 456 mg sodium; 367 mg potassium.

**Nutrition bonus:** Magnesium (25% daily value), Iron (16% dv).

# About EatingWell

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A recipe checked...

- ☒ **Heart Health** has limited saturated fat.
- ☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- ☒ **Weight Loss** has reduced calories (and limited saturated fat).
- ☒ **Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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