

# Penne with Chicken & Asparagus

## Ingredients

- 1 (16 oz.) pkg. dried penne pasta
- 5 tbs olive oil, divided
- 2 skinless, boneless chicken breast halves  
– cut into cubes
- Salt and pepper to taste
- Garlic powder to taste
- ½ cup low-sodium chicken broth
- 1 bunch slender asparagus spears, trimmed  
- cut on diagonal into 1-inch pieces
- 1 clove garlic, thinly sliced
- ¼ cup Parmesan cheese



## Directions

- Bring a large pot of lightly salted water to boil.
- Add pasta, and cook until al dente, about 8 to 10 minutes.
- Drain, and set aside.
- Warm 3 tablespoons olive oil in a large skillet over medium-high heat. Stir in chicken, and season with salt, pepper, and garlic powder.
- Cook until chicken is cooked through and browned, about 5 minutes.
- Remove chicken to paper towels.
- Pour chicken broth into the skillet.
- Then stir in asparagus, garlic, and a pinch more garlic powder, salt, and pepper.
- Cover, and steam until the asparagus is just tender, about 5 to 10 minutes.
- Return chicken to the skillet, and warm through.
- Stir chicken mixture into pasta, and mix well.
- Let sit about 5 minutes.
- Drizzle with 2 tablespoons olive oil, stir again, then sprinkle with Parmesan cheese.

## Yield 8 Servings