

Italian Ground Chicken Pasta Skillet

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-five-cheese-skillet-recipe>

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 pound ground chicken
- 2 cloves garlic minced
- 8 ounces sliced mushrooms
- 1/4 cup diced red onion
- 1 tablespoon fresh basil chopped
- 14 ounces fire roasted diced tomatoes
- 2 cups low sodium chicken broth
- 8 ounces dry pasta I used Rigatoni
- 1/4 cup Pecorino Romano cheese Grated

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 110 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 28 grams
7. SaturatedFat: 5 grams
8. Sodium: 280 milligrams
9. Sugar: 2 grams

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