

# Chicken Primavera Pasta

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-primavera-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 3 cloves garlic minced
- 4 boneless chicken thighs cubed
- 1 tablespoon onion powder
- 2 cups asparagus chopped
- 1 cup cherry tomatoes quartered
- 1 cup carrot sliced
- salt
- pepper
- 16 ounces penne pasta
- 1 cup shredded Parmesan cheese

## Nutrition:

1. Calories: 880 calories
2. Carbohydrate: 96 grams
3. Cholesterol: 125 milligrams
4. Fat: 34 grams
5. Fiber: 7 grams
6. Protein: 47 grams
7. SaturatedFat: 10 grams
8. Sodium: 660 milligrams
9. Sugar: 8 grams

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