

# Creamy Chicken Pasta + KitchenAid Stand Mixer Giveaway!

Yield: 5 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/kitchenaid-stand-mixer-italian-bread-recipe>

## Ingredients:

- 1 cup orzo cooked
- 3 tablespoons olive oil
- 1 pound chicken breast halves about 4, cubed
- 1 pound asparagus rinsed, ends cut, and chopped into 2-inch pieces
- salt
- ground pepper
- 1 pint cherry tomatoes halved
- 2 tablespoons olive oil
- 3 tablespoons all-purpose flour
- 1 cup vegetable broth
- 1 cup skim milk
- 3/4 cup shredded Parmesan cheese not the grated kind that comes in a green container!
- salt
- ground pepper

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 70 milligrams
4. Fat: 20 grams
5. Fiber: 5 grams
6. Protein: 33 grams
7. SaturatedFat: 5 grams
8. Sodium: 840 milligrams

9. Sugar: 8 grams

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