

One Pot Chicken Alfredo Skillet

Yield: 7 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/pasta-veggie-and-italian-dressing-recipe>

Ingredients:

- 2 tablespoons Italian dressing not the creamy kind
- 3 boneless, skinless chicken breasts cut into cubes
- 16 ounces penne pasta small/medium sized
- 24 ounces Alfredo sauce your favorite, Or you can make your own. Here is a recipe that I love to use. If making your own, use 3 cups h...
- 1 tablespoon dried oregano
- salt
- pepper
- 1/2 cup shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1 1/2 cups sun dried tomatoes optional***
- chopped parsley fresh, as garnish, optional
- Roma tomatoes
- red peppers
- veggies
- broccoli
- peas

Nutrition:

1. Calories: 980 calories
2. Carbohydrate: 96 grams
3. Cholesterol: 120 milligrams
4. Fat: 44 grams
5. Fiber: 7 grams
6. Protein: 48 grams
7. SaturatedFat: 16 grams
8. Sodium: 3210 milligrams
9. Sugar: 13 grams

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