



Creamy Pesto Chicken Skillet



1/6th of recipe (about 1 cup): 279 calories, 15g total fat (5.5g sat. fat), 629mg sodium, 9.5g carbs, 2.5g fiber, 4g sugars, 27.5g protein

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Prep: 15 minutes **Cook:** 20 minutes



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Ingredients

Pesto

1 cup roughly chopped fresh basil
1 oz. (about 1/4 cup) pine nuts
1/4 cup grated Parmesan cheese
1/4 cup light/reduced-fat cream cheese
1 tbsp. olive oil
1 tbsp. lemon juice
1 tbsp. chopped garlic
1/2 tsp. each salt and black pepper

Chicken & Veggies

1 lb. raw boneless skinless chicken breast cut into bite-sized pieces
1/4 tsp. salt
1/8 tsp. black pepper
3 cups roughly chopped cauliflower
1 cup chopped red bell pepper
1 cup chopped onion
3/4 cup shredded part-skim mozzarella cheese
2 tbsp. grated Parmesan cheese

Directions

Combine pesto ingredients in a small blender or food processor. Add 1/4 cup water, and blend until uniform.

Bring an extra-large skillet sprayed with nonstick spray to medium heat. Add chicken, salt, and black pepper. Cook and stir for about 5 minutes, until cooked through. Set chicken aside.

Remove skillet from heat. Clean, if needed. Respray, and bring to medium-high heat. Add cauliflower, bell pepper, onion, and 1/4 cup water. Cover and cook for 6 minutes, until veggies have mostly softened. Uncover, and cook and stir until water has evaporated and veggies are tender, about 2 minutes.

Reduce heat to medium low. Add cooked chicken, pesto, and mozzarella. Cook and stir until skillet contents are hot and well mixed and mozzarella has melted, about 2 minutes.

Serve topped with Parm.

MAKES 6 SERVINGS

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