



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

Blue Plan (Freestyle™) SmartPoints® value 5*

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

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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