Healthy Chicken Pasta Recipes

Whole-wheat pasta, lean chicken and plenty of broccoli make a vegetable-forward dinner with a light lemon-yogurt finish. Stir the yogurt in off heat so it stays smooth; no cream is needed.



PREP	COOK	TOTAL	SERVES	LEVEL
15 min	25 min	40 min	4	Easy

INGREDIENTS

- 1 lb (454 g) boneless skinless chicken breast, diced
- 8 oz (227 g) whole-wheat fusilli
- 4 cups (360 g) small broccoli florets
- 1 tbsp (15 ml) olive oil
- 2 garlic cloves (6 g), minced
- 1/2 cup (120 ml) low-sodium chicken broth
- 1/2 cup (120 g) plain Greek yogurt
- 1 tbsp (15 ml) lemon juice
- 1 tsp (2 g) lemon zest
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper

VARIATIONS Tomato: add 1 cup (150 g) halved cherry tomatoes with the broth.
Pea: use 2 cups (280 g) peas instead of broccoli.
Warm pasta salad: cool cooked pasta and chicken safely, then toss with the yogurt dressing and diced cucumber.

NOTE Bring yogurt toward room temperature while cooking. Whole-wheat pasta timings vary, so use its package guidance. Serve with portions suited to your needs.

DIRECTIONS

1. Cook fusilli according to its package, adding broccoli for the final 3 minutes. Reserve 1 cup (240 ml) cooking water and drain.
2. Season chicken with salt and pepper. Heat oil in a skillet; sauté chicken 6–8 minutes until the largest pieces reach 165°F (74°C).
3. Add garlic for 30 seconds, then broth. Scrape the pan and simmer 2 minutes. Fold in drained pasta and broccoli.
4. Remove from heat. Stir 2 tbsp warm pasta water into yogurt, then fold the yogurt, lemon juice and zest into the skillet. Loosen with more pasta water as needed.
5. Serve promptly while warm; do not boil the yogurt sauce.

FOOD SAFETY & STORAGE Cook chicken to 165°F (74°C). Refrigerate leftovers within 2 hours at 40°F (4°C) or colder; use within 3–4 days. Reheat gently to 165°F (74°C); freeze airtight portions up to 2 months for best quality.