

One Pot Chicken Parm Pasta

Ingredients

- 1.5 lbs chicken breast
- 2 tsp kosher salt (divided)
- 1 tsp oregano
- 1.5 tsp garlic powder (divided)
- 1 tsp onion powder
- olive oil spray
- 1 onion (chopped)
- 28 oz crushed tomatoes
- 4 cloves garlic (minced)
- 14.5 oz diced tomatoes
- 2 cups reduced sodium chicken broth
- 1/2 cup white wine
- 1 tbsp tomato paste
- 16 oz penne pasta
- 4 oz light mozzarella
- 1/4 cup parsley fresh

Directions

1. Cube the chicken and toss with 1 tsp each of salt, garlic powder, onion powder, and oregano.
2. Heat a large pot or Dutch oven over medium-high. Spray with olive oil. Sear chicken in two batches (2–3 min per side) to avoid overcrowding. Set cooked chicken aside.
3. In the same pot, spray again and cook chopped onion for 5 min until tender. Add minced garlic; cook 1 min.
4. Stir in crushed tomatoes, diced tomatoes (with juice), chicken stock, white wine, and tomato paste. Bring to a boil.
5. Combine & Simmer: Add dry pasta and seared chicken. Stir, cover, and reduce to a simmer. Cook 15 min or until pasta is tender.
6. Stir in 1 tsp more salt, ½ tsp garlic, shredded cheese, and fresh parsley.

