

Penne with Chicken & Broccoli

INGREDIENTS

- 2 tbsp Dash Italian Medially Seasoning
- 8 oz penne pasta, dry
- 2 tbsp olive oil
- 1 lb chicken breasts boneless skinless, cubed
- 1/4 cup chicken broth low-sodium
- 2 tbsp Dash™ Garlic & Herb Seasoning Blend
- 2 cup broccoli florets
- 1 cup cherry tomatoes, sliced
- 3 tbsp Parmesan cheese grated

FOR THE SAUCE

- 1 tbsp cornstarch
- ¼ cup water
- 2 tbsp honey

DIRECTIONS

- Heat pot of water over medium-high heat and bring to a boil, add 2 tbsp of Dash Italian Medially Seasoning. Add the pasta and cook according to package directions. Drain and set aside.
- In a small bowl, combine cornstarch, water, and honey. Set aside
- While the pasta is cooking, heat a sauté pan over medium-high heat and add 2 tbsp of olive oil. Once the oil is shimmering, add the chicken and cook for 3 to 4 minutes, until the chicken is golden and cooked through.
- Add the broth, broccoli, and 2 tbsp of Dash Garlic & Herb Seasoning to the pan. Cover and cook for 3 minutes, until the broccoli is tender.
- Toss the cooked penne with the chicken and broccoli mixture. Add grated Parmesan cheese tossing until evenly coated, add sauce until it thickens
- Garnish with cherry tomatoes and serve immediately