



This is my #1 go-to meal when I have a fridge full of veggies and I need to use them up. This recipe is so versatile. Use whatever combination of vegetables you have on hand. I make this all the time with chicken and also with smoked sausage. It's also delicious with steak bites!



Veggie Pasta Skillet Meal

Ingredients

1 lg. chicken breast, diced (OR 1 pkg. of smoked sausage, diced)
½ lb. Angel hair pasta
½ c. red bell pepper, diced
2 green onions, diced
1 c. broccoli florets, cut small
1 med. Zucchini, diced
1 Tbsp. butter
2 garlic cloves, chopped
1 c. white wine
¼ c. heavy cream
1/3 c. freshly grated Parmesan cheese
1 Tbsp. Italian parsley, chopped
Salt & pepper, to taste
1 1/2 tsp. Italian seasoning
Olive oil

Directions

Drizzle a couple tablespoons of olive oil in a large skillet over medium heat. Add diced chicken breast. Sprinkle with salt, pepper and Italian seasoning. Stir and cook until nearly done. Transfer chicken to plate and add butter to skillet.

Cook angel hair pasta to al dente in separate pot according to package directions. Drain (do not overcook).

Once butter melts, add diced bell pepper, green onions, broccoli and zucchini. Stir and cook until veggies turn vibrant in color. Return chicken to pan and add garlic. Stir and cook for about a minute.

Pour in wine. Bring to a boil. Reduce temperature to low and let simmer for about 3 minutes.

Pour in heavy cream and sprinkle with Parmesan. Use whisk to evenly distribute. Sauce will thicken and turn creamy as cheese melts.

Add pasta to skillet. Fold and stir to coat pasta in sauce and evenly distribute chicken and vegetables. Cover and simmer about 10 minutes. Sprinkle with chopped Italian parsley and a little more Parmesan, if desired. Serve hot.