



Chicken Penne Pasta

Macros: 550 Calories; 59g Protein; 58g Carbs; 12g Fat

Ingredients

Base

32oz Chicken breast
24oz Prego Italian Sauce
22oz Prego Alfredo Sauce
1 tsp Onion powder
1 tsp black pepper
1 tsp smoked paprika

Extra Ingredients

1 package of high protein penne pasta (I prefer Barilla)
1 package of fat free mozzarella cheese
1 package of steamed broccoli cooked in microwave (optional)

Directions

1. Place all of “base” items in slow cooker
2. Cook on low for 7 hours or high for 4 hours
3. With one hour of cooking time left, shred chicken and add back to sauces, cook the pasta as instructed and add to slow cooker along with mozzarella cheese and stir.
 - a. Add optional steamed broccoli