

Noreen's Kitchen

Creamy Chicken Primavera

Ingredients

Serves 8

1 1/2 pounds chicken breast cubed	1/2 pound fresh broccoli crowns cut into florets
1 tablespoon vegetable oil	2 cups chicken stock
1 medium onion, chopped	1 8 ounce brick cream cheese, cut into chunks
4 cloves garlic, minced	3 tablespoons Wondra flour
8 ounces mushrooms, sliced	1 teaspoon sea salt
1 medium zucchini squash quartered and sliced	1 teaspoon cracked black pepper
1 medium yellow squash, quartered and sliced	1 teaspoon Italian Seasoning
4 carrots sliced thin on the bias	1 pound cooked pasta of your choice
1/2 pound asparagus sliced on the bias	

Step by Step Instructions

Sautee' chicken in a large skillet until almost cooked through.

Add Onion and garlic and sautee' until onion is somewhat translucent.

Add Italian seasoning, salt and pepper and stir to combine.

Add in zucchini, yellow squash, carrots and mushrooms. Stir to combine and place lid on skillet and allow to steam sautee' for about 5 minutes until vegetables are tender, crisp.

Add chicken stock to skillet and cream cheese, whisk to incorporate the cream cheese into the sauce.

Whisk in Wondra flour one tablespoon at a time until the sauce reaches the thickness you desire. I used 3 tablespoons of Wondra in this recipe.

Add in broccoli and asparagus and stir to incorporate. Turn off heat and place lid on skillet for 5 minutes to allow the vegetables to become tender, crisp.

Serve over prepared pasta.

Enjoy!