One-Pot, Creamy Chicken Pasta Primavera made with lean chicken breast, spring veggies, and a light cream sauce. A delicious, high-protein dinner idea! Primavera means “spring” in Italian, so I thought the name for this high-protein pasta dish was fitting since it’s made with spring asparagus, leeks, artichokes, and peas. The creamy sauce is made with cream cheese and parmesan cheese blended with a little milk, and each portion has a generous amount of veggies and chicken with 30 grams of protein per serving. It’s delicious, I hope you enjoy! For more primavera recipes, try this Risotto Primavera and Spaghetti Squash Primavera. This healthy chicken pasta primavera is a complete meal, loaded with veggies and protein. If you’re serving it to a big group and want to stretch it to serve more people, pair it with a green salad and some crusty bread. Store leftover pasta primavera for up to 4 days in the fridge or 3 months in the freezer. Thaw the pasta in the refrigerator and then microwave until warm. Post a pic and mention @skinnytaste or tag #skinnytaste! Subscribe to my weekly email newsletter for a FREE and you'll get the latest meal ideas & new recipes every week! Please check the following to indicate you would like to receive emails from Skinnytaste. We use Mailchimp as our marketing platform. By clicking below to subscribe, you acknowledge that your information will be transferred to Mailchimp for processing. Learn more about Mailchimp's privacy practices here. You can unsubscribe at any time by clicking the link in the footer of our emails. Stay up to date wherever you are!