One-Pot Creamy Chicken Pasta Primavera made lean chicken breast spring veggies light cream sauce delicious high-protein dinner idea Primavera means “ spring ” Italian thought name high-protein pasta dish fitting since ’ made spring asparagus leeks artichokes peas creamy sauce made cream cheese parmesan cheese blended little milk portion generous amount veggies chicken 30 grams protein per serving ’ delicious hope enjoy primavera recipes try Risotto Primavera Spaghetti Squash Primavera healthy chicken pasta primavera complete meal loaded veggies protein ’ serving big group want stretch serve people pair green salad crusty bread Store leftover pasta primavera 4 days fridge 3 months freezer Thaw pasta refrigerator microwave warm Post pic mention skinnytaste tag skinnytaste Subscribe weekly email newsletter FREE 'll get latest meal ideas new recipes every week Please check following indicate would like receive emails Skinnytaste use Mailchimp marketing platform clicking subscribe acknowledge information transferred Mailchimp processing Learn Mailchimp 's privacy practices unsubscribe time clicking link footer emails Stay date wherever