one-pot creami chicken pasta primavera made lean chicken breast spring veggi light cream sauc delici high-protein dinner idea primavera mean “ spring ” italian thought name high-protein pasta dish fit sinc ’ made spring asparagu leek artichok pea creami sauc made cream chees parmesan chees blend littl milk portion gener amount veggi chicken 30 gram protein per serv ’ delici hope enjoy primavera recip tri risotto primavera spaghetti squash primavera healthi chicken pasta primavera complet meal load veggi protein ’ serv big group want stretch serv peopl pair green salad crusti bread store leftov pasta primavera 4 day fridg 3 month freezer thaw pasta refriger microwav warm post pic mention skinnytast tag skinnytast subscrib weekli email newslett free 'll get latest meal idea new recip everi week pleas check follow indic would like receiv email skinnytast use mailchimp market platform click subscrib acknowledg inform transfer mailchimp process learn mailchimp 's privaci practic unsubscrib time click link footer email stay date wherev