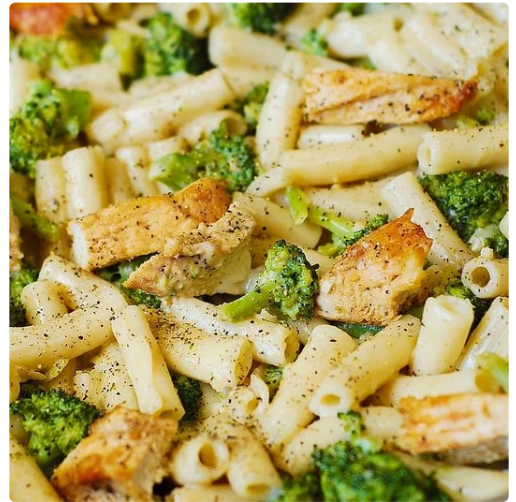


Chick'n Broccoli Ziti



PREP TIME

15 mins

COOK TIME

30 mins

TOTAL TIME

45 mins



COURSE

Dinner, Lunch



SERVINGS

2 servings

CALORIES

577 kcal

INGREDIENTS

- 4 oz whole wheat ziti dry
- 3 servings Morning Star Farms Chick'n Strips diced
- 4 c fresh broccoli cut into florets
- 2 tsp olive oil
- dash ground black pepper
- 1 tsp salt + more for salting water
- 1 c Unsweetened Soy Milk
- 1/4 c Daiya Shreds mozzarella
- 2 Tbsp Nutritional Yeast
- dash thyme
- dash nutmeg

INSTRUCTIONS

1. Cook your ziti in a large pot of salted boiling water until it is al dente. Use a slotted spoon to remove the pasta from the water. You want to re-use this water for the broccoli. Set the pasta aside.

2. Place the broccoli florets into the pasta water and let boil for 5 minutes until bright green. Drain and set aside.
3. Place chick'n strips in frying pan over medium heat and sauté until lightly browned. Set aside.
4. In a sauce pan place oil, salt, and pepper until warm then add soy milk, cheese and nutritional yeast and a dash of thyme and nutmeg. Whisk until incorporated and cook for about 2-3 minutes until thickened.
5. When sauce is complete add chick'n back to the pot and stir to coat.
6. In a large serving dish, toss pasta, broccoli, and chick'n together. Add salt and pepper to taste.

NUTRITION

Nutrition Facts

Chick'n Broccoli Ziti

Amount Per Serving

Calories 577 Calories from Fat 128

% Daily Value*

Fat 14.2g **22%**

Saturated Fat 2.9g **18%**

Carbohydrates 62.6g **21%**

Protein 53.6g **107%**

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!