

Slow Cooker Chicken Pasta



What could be better than a creamy, savoury, and nutritious pasta recipe for a busy weeknight? Plus, you'll have leftovers for the next day! This recipe cooks on its own in the slow cooker, allowing you to enjoy a comforting meal without spending hours in the kitchen.

Preparation 10 min

Cooking 360 min

Servings 6

Nutrition Facts (per serving)

Calories 420

Fat 9

Carbohydrates 40

Fibre 6

Protein 45

Sodium 490

Ingredients

- 3 chicken breasts
- 500 ml (2 cups) low-sodium chicken broth
- 250 ml (1 cup) unsweetened almond milk
- 2 onions, diced
- 3 garlic cloves, finely chopped
- 7.5 ml (1½ tsp) Italian seasoning

- 7.5 ml (½ tbsp) dried oregano
- Pepper, to taste
- 10 whole wheat lasagna noodles, broken into small pieces (or 200 g of another pasta of your choice)
- 500 ml (2 cups) frozen broccoli florets
- 250 ml (1 cup) frozen peas
- 125 ml (½ cup) light cream cheese
- 125 ml (½ cup) plain 0% Greek yogurt
- 60 ml (¼ cup) grated Parmesan cheese

Preparation

1. In the slow cooker, add the chicken, broth, almond milk, onion, garlic, and seasonings. Cover and cook on low for 4 to 5 hours, or until the chicken is tender and fully cooked.
2. Once the chicken is cooked, shred it using two forks and add the remaining ingredients. Stir well.
3. Cover again and cook on low for about 1 hour, or until the pasta is tender and the liquid is well absorbed.
4. Stir before serving to ensure everything is well combined.

Notes

Keeps for 3-5 days in an airtight container in the fridge or 3 months in the freezer.



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