Penne with Chicken and Asparagus

Recipe by:LAUREL B

"A light but super-tasty pasta dish, with fresh asparagus cooked in broth with sauteed garlic and seasoned chicken."

Ingredients

35 m, [8 servings](http://allrecipes.com/recipe/90089/penne-with-chicken-and-asparagus/?internalSource=hub%20recipe&referringId=1079&referringContentType=recipe%20hub&clickId=cardslot%2015), [332 cals](http://allrecipes.com/recipe/90089/penne-with-chicken-and-asparagus/?internalSource=hub%20recipe&referringId=1079&referringContentType=recipe%20hub&clickId=cardslot%2015)



* 1 (16 ounce) package dried penne pasta
* 5 tablespoons olive oil, divided
* 2 skinless, boneless chicken breast halves - cut into cubes
* salt and pepper to taste
* garlic powder to taste
* 1/2 cup low-sodium chicken broth
* 1 bunch slender asparagus spears, trimmed, cut on diagonal into 1-inch pieces
* 1 clove garlic, thinly sliced
* 1/4 cup Parmesan cheese
* Add all ingredients to list

Directions

Prep:15 m

Cook:20 m

Ready In:35 m

1. Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.
2. Warm 3 tablespoons olive oil in a large skillet over medium-high heat. Stir in chicken, and season with salt, pepper, and garlic powder. Cook until chicken is cooked through and browned, about 5 minutes. Remove chicken to paper towels.
3. Pour chicken broth into the skillet. Then stir in asparagus, garlic, and a pinch more garlic powder, salt, and pepper. Cover, and steam until the asparagus is just tender, about 5 to 10 minutes. Return chicken to the skillet, and warm through.
4. Stir chicken mixture into pasta, and mix well. Let sit about 5 minutes. Drizzle with 2 tablespoons olive oil, stir again, then sprinkle with Parmesan cheese.

***Tip***

* Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.