

Penne Chicken Cream Delight

Serves 4 | Prep. time 5 minutes | Cooking time 25 minutes

Ingredients

- 1¼ pounds boneless skinless chicken breasts, cut into 1-inch pieces
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 cup heavy cream
- 1 (14-ounce) can low-sodium chicken broth
- ½ pound penne pasta (or any small pasta)
- 2 cups shredded Parmesan cheese
- Salt and pepper
- Flat leaf parsley (for garnish)

Directions

1. Season the chicken with ½ teaspoon salt and a few pinches of black pepper.
2. Add the oil to a large pot and heat it over medium-high heat.
3. Add the chicken and stir-cook until lightly browned.
4. Add the garlic and sauté while stirring until softened, about 1 minute.
5. Mix in the chicken broth, cream, and pasta.
6. Allow the pasta mixture to boil gradually. Turn down heat to low.
7. Cover and allow the mixture to simmer for 15–20 minutes, until the pasta is cooked to your satisfaction. Season to taste with black pepper and salt.
8. Serve warm with the cheese on top.

Nutrition (per serving)

Calories 688, fat 31 g, carbs 47 g,
Protein 44 g, sodium 849 mg

Beef Mushroom Ravioli

Serves 4 | Prep. time 10 minutes | Cooking time 25–30 minutes

Ingredients

- ½ pound mushrooms, sliced
- 1 teaspoon vegetable oil
- 1 pound lean ground beef
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup water
- 2 (26-ounce) jars tomato-basil or other tomato-based pasta sauce
- 1 tablespoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 cup mozzarella cheese, shredded
- 1 (20-ounce) package four-cheese or regular ravioli

Directions

1. To a large cooking pot or Dutch oven, add the beef and stir-cook over medium-high heat until no longer pink.
2. Remove the excess fat and set aside the cooked beef.
3. Add the onions and mushrooms and sauté while stirring until softened and tender, about 7–8 minutes.
4. Add the garlic and sauté while stirring until softened, about 1 minute.
5. Mix in the water, cooked beef and other ingredients except for the pasta and cheese.
6. Boil the mixture and add the pasta.
7. Turn down heat to low. Cover and allow the mixture to simmer for 8–10 minutes, until the pasta is cooked to your satisfaction.
8. Take the pasta mixture off the heat and mix in the cheese. Serve warm.

Nutrition (per serving)

Calories 589, fat 26 g, carbs 37 g,
Protein 35 g, sodium 1658 mg

Creamy Salmon Tagliatelle

Serves 4–6 | Prep. time 5 minutes | Cooking time 15 minutes

Ingredients

- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 cup milk or heavy cream
- 2 cups vegetable broth
- Salt and freshly ground black pepper to taste
- 9 ounces whole wheat tagliatelle or other pasta
- 3½ ounces smoked salmon
- 2 cups raw baby spinach or broccoli
- ½ cup sliced cherry tomatoes
- ¼ cup Parmesan, grated (optional)
- 2 teaspoons salmon caviar (to garnish)

Directions

1. Add the oil to a large skillet or saucepan and heat it over medium-high heat.
2. Add the garlic and sauté while stirring until softened, about 1–2 minutes.
3. Add the broth and heavy cream; season with salt and black pepper.
4. Allow the mixture to boil gradually.
5. Mix in the salmon, pasta, tomatoes, and spinach or broccoli.
6. Turn down heat to low; simmer the mixture to cook the pasta to your satisfaction.
7. Mix in the Parmesan cheese and season to taste with black pepper and salt. Add the caviar on top and serve warm.

Nutrition (per serving)

Calories 438, fat 11 g, carbs 58 g,
Protein 23 g, sodium 286 mg

Farfalle Green Veggie Pasta

Serves 4 | Prep. time 5 minutes | Cooking time 10–15 minutes

Ingredients

- ½ pound farfalle pasta
- 3 cups water
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, chopped
- 2½ teaspoons kosher salt (divided)
- 7 ounces small broccoli florets or brussel sprouts
- ⅓ bunch (about 6 ounces) asparagus, trimmed and cut into 1-inch pieces
- ⅔ cup frozen peas, thawed
- 3 ounces cream cheese, cut into pieces
- ⅓ cup heavy cream
- 2 tablespoons chopped fresh basil + more to serve
- ½ teaspoon lemon zest, grated

Directions

1. Add the oil to a large skillet or saucepan and heat it over medium heat.
2. Add the garlic and sauté while stirring until softened, about 1 minute.
3. Add the water, pasta and 1 teaspoon of salt; allow the pasta mixture to boil for 4–5 minutes, stirring periodically.
4. Stir in the asparagus and broccoli or brussel sprouts; stir-cook for about 3 minutes, until tender.
5. Add the peas and stir-cook for 2 more minutes.
6. Turn down heat to low; stir in the basil, cream cheese, cream, 1½ teaspoons of salt and lemon zest.
7. Stir until the cream is melted. Serve with some basil on top.

Nutrition (per serving)

Calories 583, fat 23 g, carbs 58 g,
Protein 22 g, sodium 347 mg

Chicken Sausage Pasta

Serves 8–10 | Prep. time 5 minutes | Cooking time 15 minutes

Ingredients

- 1 pound chicken, cut into bite sized pieces
- ¼ cup extra virgin olive oil
- ½ teaspoon kosher salt
- Ground black pepper to taste
- 14 ounces smoked sausage, sliced into rounds
- 1 quart low-sodium chicken broth
- 4 cloves garlic, minced
- 2½ cups heavy cream
- 1 pound penne pasta
- 4 ounces Parmesan cheese, shredded
- 1½ tablespoons Cajun seasoning + more for topping
- 1 cup Italian flat leaf parsley, minced

Directions

1. Season the chicken with salt and black pepper.
2. Add the oil to a large pot and heat it over medium-high heat.
3. Add the chicken and stir-cook until lightly browned, about 5–8 minutes.
4. Add the sausage and stir-cook until lightly browned.
5. Stir in the garlic and cook for about 2 minutes.
6. Mix in the cream, chicken broth, pasta and Cajun seasoning.
7. Turn down heat to low; simmer the mixture to cook pasta to your satisfaction, about 15–20 minutes.
8. Take the pasta mixture off the heat and mix in the Parmesan cheese.
9. Top with the parsley and more Cajun seasoning (optional) and serve warm.

Nutrition (per serving)

Calories 597, fat 28 g, carbs 40 g,
Protein 22 g, sodium 691 mg

****All of these recipes and more are found in Louise Davidson's book *One-Pot Pasta: Quick and Easy Everyday One-Pot Pasta Meal Recipes*. Click [here](#) or on the cover to get a copy!**

