

# Chicken Veggie & Chickpea Fusilli



PREP

**PREP TIME:**  
5 MINUTES

**COOK TIME:**  
10 MINUTES

**TOTAL TIME:**  
15 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 1 Serving

## Ingredients:

- 4-6 oz. Chicken Breast from – ***Fast Baked Chicken Recipe*** - <https://christihealthcoach.com/fast-baked-chicken-breast/>
- 2 TBSP Olive Oil
- ¼ Cup Sliced Red Onion
- 1 ½ Cups Organic Baby Spinach
- ½ Cup Cooked Broccoli (*I used leftover from the night before dinner*)
- ¾ TSP Garlic Powder
- 1 TSP Himalayan Sea Salt
- ¼ TSP Black Pepper
- ¾ Cup Dry Chickpea Fusilli Pasta

## Instructions:

1. Boil Water for Pasta.
2. In medium frying pan, add the olive oil and warm for 1-2 minutes. Add Onion until cooked through and soft – about 5-8 minutes.
3. In the meantime, thinly slice the leftover chicken.
4. Once the onions are cooked through, add the chicken to pan – warm for 2-3 minutes.
5. Add the broccoli, spinach, garlic powder, sea salt & pepper – cook until spinach starts to wilt. Set aside.
6. Once pasta is cooked (will take about 8 minutes) – reserve ½ - ¾ cup of the liquid. Add to chicken and veggies in pan.
7. Toss all together in bowl and serve.

**\*Try and use all organic ingredients if possible.**