



# Quick Skillet Pasta with Capers

adapted from Blue Apron Harissa-Honey Chicken recipe

SERVINGS: 2

- Ingredients
- 8-10 oz chicken breast, cubed
  - 1 tbsp italian seasoning
  - 1 tbsp capers, drained
  - 1 onion, sliced
  - handful of cherry tomatoes
  - 1 cup dry white wine
  - 1/2 cup cannellini beans, drained
  - 2 tbsp fresh lemon juice
  - 2 cups WW penne pasta, uncooked
  - olive oil
  - Optional parmesan cheese

- Directions
- 1.Cook pasta according to box instructions and set aside.
  - 2.In a cast iron or nonstick skillet, add drizzle of olive oil to pan. Once hot, on medium high heat, add onion and cubed chicken to pan. Season with italian seasoning, and salt and pepper, and sauté for about 5 minutes until chicken is opaque.
  - 3.Add cherry tomatoes, capers, beans and wine to pan. Bring to a simmer and cook for another 3-5 minutes until everything is heated through.
  - 4.Remove from heat, add pasta and lemon juice to skillet, and if using sprinkle on parmesan cheese. Serve.

Nutrition (1 SVG)

KCAL: 600

FIBER: 11 g

ADDED SUGAR: 0 g

SATURATED FAT: 1 g

SODIUM: 265mg