

Lunch | Dinner

Pesto Chicken and Noodles

5 Mins
Prep Time

30-35 Mins
Cook Time

6
Servings

 **353** Calories **15g** Fat **22g** Carbs **26g** Protein



Ingredients

 **6 Servings**  **35-40 Mins Total Time**  **Allergens: Eggs, Gluten, Dairy, Nuts**

2 Tbsp Extra Virgin Olive Oil

2 Carrots, **washed**, peeled and sliced 

8 Cups Reduced-Sodium Chicken Broth, divided

1 lb Boneless, Skinless Chicken Breast 

4 Cups Egg Noodles (dry)

½ Cup Basil Pesto 

Salt, to taste

Pepper, if well tolerated

Allergen Swap

Egg Replace the egg noodles with an egg-free version

Gluten Substitute a gluten-free noodle for the egg noodle

Dairy Pesto contains cheese. Use a cheese-free pesto

Nuts replace traditional pesto with a nut-free variety

Nourishment Note



Chicken

Chicken is a lean source of protein and may provide your body with the building blocks it needs to build healthy cells.



Carrots

Carrots contain vitamin A and potassium. Vitamin A is important in strengthening the immune system and building healthy cells, and potassium is a key nutrient that can be low as a result of a flare.



Pesto

A main ingredient in pesto is olive oil, which contains monounsaturated fats. These types of healthy fats may help to reduce the inflammation associated with Crohn's disease and ulcerative colitis.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Heat Oil with Carrots

Over medium heat, heat extra virgin olive oil in a large pot. Add the sliced carrots and cook until softened, about five minutes.

3. Add Chicken

Turn the heat to high. Add four cups chicken broth and the chicken breasts to the pot. Simmer the chicken breasts in the broth until they are cooked through and easy to shred with two forks, about 20 minutes.

4. Prepare Noodles

Remove the chicken breasts from the soup and shred. Return to the pot and add four additional cups of chicken broth and the noodles. Let noodles simmer in soup until tender, about 7-8 minutes.

5. Add Pesto

After noodles are tender, turn the heat to low and stir in pesto until well incorporated.

6. Serve & Enjoy

Season with salt and pepper, if well tolerated, to taste. Enjoy!

7. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Cutting Board



Knife



Vegetable Peeler



Large Pot



Measuring Cups



Measuring Spoons



Forks (2)



Spoon



Ladle

Remission Remix

- Add additional vegetables to this soup like celery or onions.