The Market Basket of the Month featured vegetable is **BROCCOLI**

### One Pan Chicken Alfredo

**Ingredients**

- 1 large chicken breast, cubed (about 1 cup)
- 2 T. oil
- 2 T. flour
- 1 ¾ C. chicken broth
- 1 ¾ C. nonfat or 1% milk
- 1 tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. dried basil
- 3 C. dry penne pasta
- 2 C. broccoli, chopped (fresh or frozen)
- 1 C. grated parmesan cheese

**Directions:**

1. In a skillet over medium-high heat, brown chicken in oil.
2. Add flour, broth, milk, spices and pasta to skillet and stir well.
3. Bring to a boil; cover; reduce heat; simmer occasionally.
4. Add broccoli, cover, and cook until broccoli is tender.
5. Remove from heat and stir in cheese.

Tip: Use whole wheat pasta to increase fiber and make this a whole grain meal.

Source: FoodHero.org

Video link: https://youtu.be/blwAE1k761Q

---

### Nutrition Facts

<table>
<thead>
<tr>
<th></th>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>30mg</td>
<td>2%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>6g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>9%</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>135%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>4%</td>
<td></td>
</tr>
</tbody>
</table>

Source: www.nutritiondata.com

---

### Let’s Move!

- Practice hacky sack tricks by yourself or play a game with friends. For tips, visit: www.freestylefootbag.com.
- Try scissor jumps - jump feet apart, jump crisscross with one foot in front, jump feet apart, jump crisscross with opposite foot in front = 1 rep. See if you can do 50 reps!

### Just the Facts!

- Broccoli’s name comes from the Italian word Brocco, meaning arm or branch.
- Ounce-for-ounce, broccoli has more vitamin C than an orange, and more calcium than a glass of milk.
- Broccoli has more cancer fighting properties than any other vegetable, and can help reverse damage to heart blood vessels.

---

### Reminder

For good health, most children and adults should eat at least 1 to 2 cups of dark green leafy vegetables, like broccoli, per week. Amounts needed vary with age and activity level. Visit www.ChoosemyPlate.gov for an individual food plan.

### Buy Farm Fresh! Visit our Market Basket of the Month Partners:

- Adams County Farmers’ Market
- Brown’s Orchards & Farm Market
- Central Market York
- Flinchbaugh’s Orchard & Farm Market
- Leg Up Farmers’ Market
- Miller’s Plant Farm
- Penn Farmers’ Market
- York Fresh Food Farms Mobile Market

For more ideas, visit: www.fruitandeggiesmatter.gov