QUICK SKILLET DINNER

Pesto Chicken & White Bean Bake

A bright, hearty one-pan meal in only 20 minutes

SERVES	PREP	COOK
6	10 min	10 min

INGREDIENTS

- **4 sprays** cooking spray
- **3 cups** chopped or sliced zucchini
- **2 cups** cooked chicken breast, chopped
- **1/3 cup** prepared pesto sauce
- **1/2 tsp** kosher salt
- **1/2 tsp** black pepper
- **31 oz** cannellini beans, rinsed and drained
- **3/4 cup** whole-wheat panko
- **2 Tbsp** chopped parsley, plus garnish
- **2 Tbsp** canola oil
- **1/2 tsp** garlic powder

DIRECTIONS

1. Coat a 10-inch ovenproof skillet with cooking spray and set over medium-high heat. Brown the zucchini until crisp-tender, about 5 minutes.
2. Stir in 1/2 cup water, chicken, pesto, salt, pepper and beans. Cook about 2 minutes, until thickened; add a little more water if the mixture seems dry.
3. Set the broiler to low. Combine the panko, parsley, oil and garlic powder, then scatter the mixture over the skillet.
4. Broil for 1 to 2 minutes, just until the topping is golden. Garnish with additional parsley. Serving size: about 1 cup.

4 **WW POINTS**
per serving
24 POINTS FOR THE FULL RECIPE

COOK'S NOTE

This is ideal for leftover cooked chicken and homemade pesto. Watch the topping closely under the broiler.

ESTIMATED NUTRITION PER SERVING

CALORIES	PROTEIN	CARBS	FAT	SAT. FAT	FIBER	SODIUM
385	27g	34g	16g	3g	8g	710mg

Nutrition is approximate and varies by brand; WW Points reflect the cited WW recipe.