

Plate Dream

Crockpot Garlic Parmesan Chicken Pasta

15 min Prep time	**3 h** Cook time	**3 h 15 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lb boneless skinless chicken breast, cut into bite-size pieces
- [ ] 12 oz whole-wheat pasta (penne or rotini)
- [ ] 4 cloves garlic, minced
- [ ] 1 cup heavy cream
- [ ] 1 cup low-sodium chicken broth
- [ ] 1 cup grated Parmesan cheese
- [ ] 2 tbsp butter
- [ ] 1 tbsp olive oil
- [ ] Juice of ½ lemon
- [ ] Salt and freshly cracked black pepper to taste

Optional Garnish

- [ ] 2 tbsp fresh parsley, chopped
- [ ] Extra grated Parmesan for serving

Instructions

1. Heat butter and olive oil in a skillet over medium-high heat; brown the chicken pieces until lightly golden, then transfer them to the crockpot.
2. In the same skillet, sauté minced garlic just until fragrant, about 30 seconds, then pour the mixture into the crockpot.
3. Add heavy cream, chicken broth, lemon juice, half of the Parmesan, salt, and pepper. Stir gently to combine.
4. Cover and cook on low for 2½ hours, then add the pasta, stir, and continue cooking on low for another 30-45 minutes until the noodles are tender.
5. Stir in the remaining Parmesan, adjust seasoning, and let sit for 5 minutes. Serve topped with fresh parsley and a drizzle of extra cheese.
6. For a quick variation, try the garlic parmesan pasta version that skips the chicken and adds sautéed mushrooms.
7. If you crave a heartier crust, pair it with the parmesan crusted chicken on the side.

Nutrition per serving

520 kcal	32 g	38 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the sauce before serving; a pinch more salt or lemon can brighten the flavor.
- If the sauce thickens too much, stir in a splash of broth or pasta water.
- For extra herbaceous notes, add a teaspoon of dried oregano with the broth.