

Chicken Parm Soup

A delicious twist on the classic Italian dish.

BY REE DRUMMOND Updated: Sep 10, 2024

YIELDS:
6 serving(s)

PREP TIME:
20 mins

TOTAL TIME:
30 mins

Ingredients

- 2 Tbsp. olive oil
- 1 onion, diced
- 3 garlic cloves, minced
- 1 bay leaf
- 1 Tbsp. Italian seasoning, plus more for topping
- 2 (14-oz.) can diced tomatoes

Directions

- 1 | Heat the olive oil in a large pot over medium heat. Add the onion, garlic, bay leaf, and Italian seasoning and cook, stirring, until the onion is softened, 4 to 5 minutes.
- 2 | Add the diced tomatoes, chicken broth, and 2 cups of water to the pot. Increase the heat to high and bring to a boil. Add the pasta, return to a boil, and cook until the soup is slightly thickened and the pasta is al dente, 8 to 10 minutes. Remove from the heat and

- 4 cups low-sodium chicken broth
- 2 cups ditalini, mini penne, or other small pasta
- 3 cups chopped or shredded rotisserie chicken
- Kosher salt and black pepper, to taste
- 3 oz. mozzarella cheese, shredded or thinly sliced
- Chopped fresh basil and red pepper flakes, for serving (optional)

[See Nutritional Information](#) ✓

Keep screen awake

stir in the chicken. Discard the bay leaf. Season with salt and pepper.

- 3** | Divide the soup among bowls and top with the mozzarella. Let the cheese melt for 1 minute. Top with chopped basil, Italian seasoning, and red pepper flakes, if you like.

Calories: 488

Fat 20 grams
 Sodium 1024 mg
 Carb. 32 grams
 Fiber 5 grams
 Protein 35 grams
 Calcium 170 mg
 Iron 3 mg
 Potassium 673 mg

Chicken Fajita Quesadillas

These 5-ingredient quesadillas take just 10 minutes to make. Using pre-sliced onions and peppers plus a taco seasoning blend helps keep the ingredient list (and prep time) short. If you like a little heat, use pepper Jack cheese in the filling.

By **Carolyn Malcoun** | Updated on December 12, 2023

 Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

Active Time: 10 mins

Total Time: 10 mins

Servings: 2

Nutrition Profile:

Sesame-Free Nut-Free Soy-Free High-Protein Egg-Free

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1/2 cup sliced bell peppers and onions, coarsely chopped
- 4 ounces shredded cooked chicken
- 1 teaspoon reduced-sodium taco seasoning
- 2 (8-inch) whole-wheat tortillas
- 1/2 cup shredded Mexican-style cheese blend

Directions

Step 1

Heat oil in a large nonstick skillet over medium-high heat. Add peppers and onions; cook, stirring occasionally, until crisp-tender, about 2 minutes. Add chicken and taco seasoning; cook, stirring occasionally, until the chicken is heated through, about 2 minutes. Transfer the mixture to a small bowl. Wipe the skillet clean.

Step 2

Place tortillas on a cutting board. Sprinkle each tortilla with 1/4 cup cheese. Spread about 1/2 cup chicken mixture across the bottom half of each tortilla and fold the top half over the chicken.

Step 3

Coat the skillet with cooking spray and heat over medium heat. Add the quesadillas and cook until the tortillas are browned and the cheese has melted, about 1 minute per side.

EatingWell.com, December 2023

Nutrition Facts

Per serving: **Serving Size 1 quesadilla** 489 calories; total fat 22g; saturated fat 8g; cholesterol 75mg; sodium 520mg; total carbohydrate 40g; dietary fiber 4g; total sugars 2g; added sugars 0g; protein 31g; vitamin c 38mg; calcium 264mg; iron 3mg; potassium 353mg

Explore more:

Regional

Latin American

Mexican

Quesadilla

Was this page helpful?



Healthy Chicken Salad Stuffed Avocados

☆☆☆☆☆
5 from 8 votes

Avocados stuffed with a Chicken salad recipe that's lightened up with Greek yogurt.

Prep Time	Cook Time	Total Time
10 mins	0 mins	10 mins

Course: Appetizer, Main Course Cuisine: American Servings: 4 servings Author: [Rena](#)

Ingredients

- 2 Cups Shredded Rotisserie Chicken
- 1 Small Red Onion finely chopped
- 2 Large Avocados pitted
- 1/3 Cup Plain Greek Yogurt
- 1 Lemon juiced
- 1 Tbsp Dijon Mustard
- Kosher salt and pepper to taste
- 2 Tbsp Chopped Parsley plus more for garnish
- Red Pepper flakes to garnish optional

Instructions

1. Scoop out some of the avocados to make space for the filling. Dice the scooped avocado and place it into a bowl.
2. Add in the shredded chicken, onion, greek yogurt, parsley, lemon juice, and Dijon. Taste and adjust the seasoning.
3. Divide the chicken salad among your avocado halves and garnish with parsley and freshly ground black pepper.
4. Serve immediately and enjoy!

Notes

- You can cook and shred chicken breast but if you're after a super quick recipe, use rotisserie chicken.
- You want ripe avocados for this recipe. If the avocado gives in to firm gentle pressure you know it's ripe and ready-to-eat.
- Add extra crunch with carrots, cucumbers, or chopped cabbage.
- Add fiber by folding in some drained chickpeas. This makes the salad even heartier.
- Use this Healthy Chicken Salad as a sandwich spread - so good!
- For a bit of heat, add some chili flakes.
- A whole host of herbs work well with this, other than parsley. You can go with dill, tarragon, chives, or cilantro.
- You could also add some chopped fresh, or pickled, jalapenos.
- For a pop of sweetness, try adding chopped apples, red grapes, dried cranberries, or raisins.
- Try different seasonings. Seasonings really change the flavor profile of this salad. You could try Try steak seasoning, Everything Bagel seasoning, lemon pepper, curry powder, or Cajun seasoning.
- Please keep in mind that the nutritional information is calculated using a nutrition facts calculator. It is a rough estimate and can vary greatly based on products used.

Nutrition

Calories: 309kcal | Carbohydrates: 14g | Protein: 22g | Fat: 20g | Saturated Fat: 3g | Cholesterol: 53mg | Sodium: 110mg | Potassium: 749mg | Fiber: 8g | Sugar: 3g | Vitamin A: 175IU | Vitamin C: 26mg | Calcium: 52mg | Iron: 2mg

Thank You! <https://healthyfitnessmeals.com/healthy-chicken-salad-recipe/>