

# MARGHERITA CHICKEN PASTA

## Ingredients:

- 1 (16 oz) package whole-wheat penne pasta
- Non-stick cooking spray
- 2 lbs boneless, skinless chicken breasts, diced
- 1 Tbsp garlic powder
- 1 cup unsalted chicken broth
- 1 Tbsp Italian seasoning
- 1 cup grated parmesan cheese
- 4 cups fresh spinach
- 2 cups grape tomatoes, halved
- 1 1/2 cups plain non-fat Greek yogurt

## Preparation:

1. Prepare pasta according to package directions. Drain & set aside.
2. Lightly coat a large stockpot with cooking spray & heat over medium-high. Add chicken & garlic powder. Cook 3-5 minutes or until browned.
3. Add broth, Italian seasoning & cheese. Cook 1-2 minutes or until mixture begins to thicken. Add spinach & tomatoes. Reduce heat & simmer until spinach starts to wilt.
4. Stir pasta into pot. Remove from heat & stir in yogurt. Serve immediately.

25 Min | Serves 10

Nutrition Facts	
10 servings per recipe	
<b>Serving size</b>	(324g)
<b>Amount per serving</b>	<b>370</b> Calories
% Daily Value*	
<b>Total Fat</b> 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 220mg	10%
<b>Total Carbohydrate</b> 42g	15%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 35g	
Vitamin D 0mcg	0%
Calcium 141mg	10%
Iron 3mg	15%
Potassium 661mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.

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