

CHICKEN & SPINACH PASTA

Get your protein and greens easily with pasta using only one skillet.
Perfect for meal prep or a Saturday night date!

Prep time: 0

Cooking time: 25 min

Total time: 25 minutes

Servings: 4



INGREDIENTS:



- **Gluten Free pasta 8 oz**
- **Extra-virgin olive oil, 2 tbsp**
- **Skinless chicken breast or thighs cut in pieces, 1 lbs**
- **Salt ½ teaspoon**
- **Ground Pepper, ¼ teaspoon**
- **Garlic, minced, 4 cloves**
- **Dry white wine, 1/2cup ***
- **1 Lemon, juice and zest**
- **Chopped fresh spinach, 10 cups**
- **Grated parmesan cheese, 4 tbs**

(*optional)



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METHOD:

Cook pasta according to package directions. Drain and set aside.

In the meantime, heat oil in a large high-sided skillet over medium heat. Add chicken, salt and pepper; cook, stirring occasionally, until cooked through.

Add garlic and cook, stirring, until fragrant, about 1 minute. Stir in wine, lemon juice and zest; bring to a simmer.

Remove from heat. Stir in spinach and the cooked pasta. Cover and let stand until the spinach is just wilted. Divide among 4 plates and top each serving with 1 tablespoon Parmesan.

NUTRITIONAL INFORMATION: Without toppings

1 portion = 1/4 recipe

Calories	335kcal
Fat	12g
Protein	29g
Carbs	25g



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