

**Summer 2020 – Pam’s Kitchen Recipes**

**Easy Spinach and Chicken Pasta**

Yield: 8 servings

Ingredients:

* 8 ounces whole wheat penne pasta
* 1 tablespoon olive oil
* 1 pound boneless skinless chicken breast, cooked and cubed
* ¼ teaspoon Italian seasoning
* 1 28-ounce jaw low-sodium spaghetti sauce
* 1 14-ounce can unsalted petite diced tomatoes drained
* 3 ounces low-fat or fat-free cream cheese
* 2 cups fresh baby spinach
* 1 cup reduced-fat shredded mozzarella cheese

Directions:

1. Cook pasta according to package directions and drain. Pour into a greased 9x13 baking dish.
2. Heat oil in a large skillet over medium-high heat. Add chicken, Italian seasoning, half of the spaghetti sauce and the drained tomatoes. Let simmer 2-3 minutes.
3. Cut cream cheese into small chunks. Add to chicken and tomato sauce mixture.
4. Simmer until cream cheese is melted. Stir in spinach. Cook another 2-3 minutes, until the spinach is slightly wilted.
5. Pour chicken and tomato sauce mixture over pasta, mix well. Top with 1 cup of the shredded mozzarella. Top with the remaining spaghetti sauce and remaining mozzarella.
6. Bake uncovered for 20 minutes or until bubbly.

*“Dinner Tonight” from Texas A&M University Cooperative Extension.*

*Nutrition Information:*

*Makes 8 servings. Calories: 220 calories. Total Carbohydrates: 20 grams. Fiber: 1 gram. Protein: 23 grams. Fat: 6 grams. Sodium: 280 mg.*