Chicken & Spinach Skillet Pasta with Lemon & Parmesan

This one-pan pasta that combines lean chicken breast and sautéed spinach for a one-bowl meal is garlicky, lemony and best served with a little Parm on top. It is a simple dinner the whole family will love.

SERVINGS: 4 COOKING TIME: 25 MINS PREPPING TIME: 15 MIN

Ingredients

- 8 ounces gluten-free penne past or whole-wheat penne pasta
- 2 tablespoons extra-virgin olive oil
- 1 pound boneless, skinless chicken breast or highs, trimmed, if necessary, and cut into bite-size pieces
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 4 cloves garlic, minced
- 1/2 cup dry white wine
- juice and zest of 1 lemon
- 10 cups chopped fresh spinach
- 4 tablespoons grated Parmesan cheese, divided

Nutrition Facts	
4 Servings **Serving Size**	**2 of recipe**
Amount per serving **Calories**	**335**
Total Fat	12.3g
Saturated Fat	2.7g
Cholesterol	66.9mg
Sodium	499.2mg
Total Carbohydrates	24.9g
Dietary Fiber	2g
Total Sugars	1.1g
Protein	28.7g
Potassium	684.5mg

Directions

1 Prep Cook pasta according to package directions. Drain and set aside. Meanwhile, heat oil in a large high-sided skillet over medium-high heat. Add chicken, salt and pepper; cook, stirring occasionally, until just cooked through, 5 to 7 minutes.

2 Cook Add garlic and cook, stirring, until fragrant, about 1 minute. Stir in wine, lemon juice and zest; bring to a simmer. Remove form heat. Stir in spinach and the cooked pasta.

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