

# Recipe

## Chicken & Spinach Skillet Pasta with Lemon & Parmesan

Yield: 4 Servings



### Directions

1. Cook pasta according to package directions. Drain and set aside.
2. 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. 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.

### Ingredients

- 8 ounces gluten-free penne pasta or whole-wheat penne pasta
- 2 tablespoons extra-virgin olive oil
- 1 pound boneless, skinless chicken breast or thighs, trimmed, if necessary, and cut into bite-size pieces
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cloves garlic, minced
- ½ cup dry white wine
- Juice and zest of 1 lemon
- 10 cups chopped fresh spinach
- 4 tablespoons grated Parmesan cheese, divided

### Nutrition Facts

Serving Size: Scant 2 Cups = 335 Calories

Total Fat 12g, Saturated Fat 3g, Cholesterol 67mg, Sodium 499mg, Total Carbohydrate 25g, Dietary Fiber 2g, Total Sugars 1g, Protein 29g, Vitamin C 31mg, Calcium 144mg, Iron 3mg, Potassium 685mg

Source: [eatingwell.com/recipe/267768/chicken-spinach-skillet-pasta-with-lemon-parmesan](https://eatingwell.com/recipe/267768/chicken-spinach-skillet-pasta-with-lemon-parmesan)