

CHICKEN ALFREDO PASTA

Equipment

None

Ingredients

1	tbsp	olive oil
2		chicken breasts, cubed
1	tsp	salt
1/2	tsp	pepper
3	clove	garlic, minced
2	tbsp	flour
1	cup	chicken broth
1	cup	skim milk
1/2	tsp	salt
1/4	tsp	pepper
2	cup	spinach
2	cup	whole grain penne pasta
1/4	cup	Parmesan cheese



Directions

- Heat olive oil in a skillet and add chicken. Season with salt and pepper. Cook for 5-8 minutes, or until no longer pink.
- Remove chicken from pan and set aside.
- In same pan, add garlic and saute for one minute over medium heat.
- Sprinkle flour over garlic and slowly add chicken stock.
- Quickly stir to avoid lumps.
- Add in skim milk, stir and allow to reach a boil to thicken sauce. Season with salt and pepper.
- Once sauce is thickened, add in the spinach and stir until wilted.
- Remove from heat and add in cooked penne, chicken, and Parmesan. Stir to coat.
- Top with fresh Parmesan.