

## **CHICKEN & SPINACH SKILLET with LEMON & PARMESAN**

<https://www.eatingwell.com/recipe/267768/chicken-spinach-skillet-pasta-with-lemon-parmesan/>

### **Equipment**

None

### **Ingredients**

8	oz	penne pasta (or whole wheat penne)
2	tbsp	extra-virgin olive oil
1	lb	chicken breast, cut bite-size
1/2	tsp	salt
1/4	tsp	ground pepper
4	clove	garlic, minced
1/2	cup	dry white wine
1	med	lemon, juice and zest
10	cup	spinach, chopped
4	tbsp	Parmesan cheese, grated



### **Directions**

- Cook pasta according to package directions. Drain and set aside.
- Meanwhile, heat oil in large, high-side 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 simmer.
- Remove from heat. Stir in spinach and cooked pasta. Cover and let stand until the spinach is just wilted. Divide among 4 plates and top each serving with 1 tbsp Parmesan.