

Basil Pesto Chicken Pasta

Ingredients

- 7 tbsp fresh basil leaves
- 2 tbsp raw spinach
- 3 tbsp grated parmesan cheese, fat free
- 1 tsp garlic
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 1/3 cup olive oil
- 9 oz multi-grain penne pasta
- 9 oz frozen cooked diced chicken
- 1/4 cup grated parmesan cheese, fat free
- 1 cup shredded reduced fat mozzarella cheese

Notes

Number of Portions: 4

Serving Size: 1 cup

Nutrition Facts: 529 calories, 23.20 g fat, 4.37 g saturated fat, 470 mg sodium, 48.30 g carbohydrate, 2.01 g fiber, 0.1 g sugar, 29.76 g protein

Directions

1. Thoroughly wash basil before using. Place basil, spinach, cheese, garlic, salt, and pepper in a food processor, and pulse until combined. Stream in oil until an emulsion is formed. Taste and adjust seasonings as needed.
2. Cook pasta according to package instructions.
3. On a 26 x 18 inch pan, place chicken and bake at 350°F for 15 minutes or until internal temperature reaches 165°F.
4. In a 4 inch steam pan, mix pesto, pasta, chicken, parmesan cheese, and 3/4 of the mozzarella cheese together until sauce coats chicken and pasta.
5. Garnish the pasta mixture with remaining mozzarella and place in oven at 350°F for 10 minutes.