

Two-Cheese Penne with Chicken and Spinach



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To balance out the meal, serve this rich and saucy pasta alongside a crisp romaine salad with bright acidic dressing.

8 ounces uncooked quick-cooking penne (such as Ronzoni)

Cooking spray

12 ounces skinless, boneless chicken cutlets

¼ teaspoon kosher salt

¼ teaspoon freshly ground black pepper

1 tablespoon extra-virgin olive oil

7 ounces fresh spinach

¼ teaspoon crushed red pepper

2 garlic cloves, minced

1 tablespoon lemon juice

2 ounces fresh pecorino Romano cheese, shredded (about ½ cup)

2 ounces ⅓-less-fat cream cheese (about ¼ cup)

1. Cook pasta according to package directions, omitting salt and fat.

Drain in a colander over a bowl, reserving ¼ cup pasta cooking water.

2. Heat a large skillet over medium-high heat. Coat pan with cooking spray.

Sprinkle chicken with salt and pepper.

Add chicken to pan; cook 3 minutes on

each side or just until done. Remove chicken from pan; thinly slice across grain.

3. Return pan to medium heat. Add oil; swirl to coat. Add spinach, red pepper,

and garlic; cook 3 minutes or until

spinach wilts. Add cooked pasta,

reserved pasta cooking water, chicken,

lemon juice, and cheeses to pan; toss to

coat. Cook 1 minute or until cheeses

melt. Serve immediately.

SERVES 4 (serving size: about 1¼ cups)

CALORIES 436; **FAT** 13.5g (sat 5.1g, mono 3.9g, poly 0.9g); **PROTEIN** 33g; **CARB** 46g; **FIBER** 3g; **CHOL** 75mg; **IRON** 4mg; **SODIUM** 526mg; **CALC** 236mg