

Did You Know?

It's easy to overeat a food like pasta. But by combining a grain (pasta), vegetable (spinach and garlic) and protein (chicken breast) into one dish, your portion of pasta will appear bigger than it really is, and you'll be eating healthy serving sizes.

Try this with any pasta dish: Add a lean protein source and non-starchy veggies to whole grain noodles. You'll create a complete, balanced meal in minutes!



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Recipe created by Digestive Disease Institute registered dietitians.

Spinach and Chicken Pasta with Garlic

Makes 6 servings

1 pound whole wheat pasta of choice
20 ounces raw boneless skinless chicken breasts
1 bag spinach (flat leaf or baby)
2 tablespoons olive oil
3 cloves garlic
¼ teaspoon salt and pepper to taste
Vinaigrette dressing for marinade



1. Marinate chicken in vinaigrette dressing of choice for at least 1 hour.
2. Grill chicken approximately 6 to 8 minutes per side or until 165°F. Let sit 5 to 10 minutes and slice into strips.
3. Prepare pasta according to directions and set aside.
4. Sauté crushed garlic cloves in olive oil on medium heat.
5. Add fresh spinach and stir until wilted. Add 1 to 2 tablespoons of water if necessary.
6. Add pasta and chicken to spinach mixture, toss and serve.

NUTRITIONAL INFORMATION (PER SERVING):

Calories: 340

Protein: 25 g

Carbohydrate: 45 g

Fat: 8 g

Saturated fat: 1 g

Dietary fiber: 8 g

Sodium: 180 mg

Cholesterol: 40 mg