

Weeknight Chicken and Spinach Rotini

Ingredients:

- 1 lb. (16 oz.) whole-grain **rotini pasta**
- 2 (8 oz.) **chicken breasts**, sliced into strips
- ¼ cup (4 tbsp) extra **virgin olive oil**, *divided*
- 1 clove **garlic**, minced
- 1 tsp dried **basil**
- ½ tsp **salt**
- 3 cups **cherry tomatoes**
- ¼ cup **capers**
- 3 tbsp **lemon juice**
- 3 cups **baby spinach**
- ½ cup fresh **basil leaves**, chopped
- ½ cup **Parmesan cheese**, shaved

Method:

- 1.** In large pot set over high heat, boil water. **Add** pasta and cook according to package directions; drain and place in large serving bowl.
- 2.** In a medium bowl, combine chicken strips with 2 tbsp oil, garlic, dried basil and salt; stir to combine.
- 3.** In a large skillet, heat remaining 2 tbsp oil over medium heat. **Add** chicken and cook, stirring for 2 minutes. **Add** tomatoes and capers, and cook until tomatoes are softened and chicken is no longer pink inside (165°F), about 8 minutes.
- 4.** **Stir** in lemon juice and spinach; remove from heat and allow spinach to wilt.
- 5.** **Add** chicken mixture to pasta and stir to combine. **Sprinkle** with basil and cheese before serving.



Makes 6 servings. Per serving:

444 calories | 30g protein | 14g total fat | 2.5g saturated fat | 8g mono fat | 3.5g poly fat |
46mg cholesterol | 58g carbohydrate | 0g sugar | 10g fiber | 502mg sodium