

Italian-Style Chicken & Penne

Serves 2

Eating Well

- 1 tsp dried Italian seasoning, crushed
- ¼ tsp smoked paprika
- ¼ tsp black pepper
- ⅛ tsp crushed red pepper
- 227 g uncooked ground chicken breast
- 2 cloves garlic, minced
- Nonstick cooking spray
- ½ C chopped onion (1 medium)
- 2 C water
- 58 g penne pasta
- 227 g tomato sauce
- ¼ tsp salt
- 145 g fresh spinach
- 45 g finely shredded Parmesan cheese



1. In a small bowl, combine **Italian seasoning, paprika, black pepper** and **crushed red pepper**.
2. In a medium bowl, combine **ground chicken, seasoning mixture** and **garlic**; use a wooden spoon or hands to mix well.
3. Coat an extra-large nonstick skillet with **cooking spray**. Heat the skillet over medium-high heat.
4. Add **chicken mixture** and **onion**; **cook 6 to 8 minutes or until browned**, using a wooden spoon to break up meat as it cooks. Remove from skillet; cover and keep warm.
5. Add the to the same skillet; bring to boiling over medium-high heat. Add pasta; cook according to package directions until al dente. Drain pasta, reserving **½ C (120 ml)** of the cooking liquid.
6. Return **pasta** and the reserved **cooking liquid** to the skillet; stir in **tomato sauce, salt** and cooked **chicken**. Heat through.
7. Remove from heat; stir in **spinach**.
8. Sprinkle with **Parmesan cheese**.