

WEEKNIGHT CHICKEN AND SPINACH ROTINI

easy | **RECIPE**
From Personal Best®

- 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**
- ⅓ cup **fresh basil leaves**, chopped
- ⅓ cup **Parmesan cheese**, shaved

❶ In a large pot set over high heat, boil water. Add pasta and cook according to package directions; drain and place in large serving bowl. ❷ In a medium bowl, combine chicken strips with 2 tbsp oil, garlic, dried basil and salt; stir to combine. ❸ 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. ❹ Stir in lemon juice and spinach; remove from heat and allow spinach to wilt. ❺ 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