

SPINACH-ARTICHOKE CHICKEN

WITH RED PEPPER AND PENNE

INGREDIENTS

- 4 oz chicken breast
SPINACH-ARTICHOKE DIP
1/2 cup spinach, chopped
1/4 cup artichoke, chopped
1 packet cream cheese
2 Tbsp mayo
3 garlic cloves, minced
1 Tbsp fresh lemon juice
2 Tbsp grated parmesan cheese

- PENNE
2 tsp olive oil
1/4 tsp paprika
1/4 tsp salt
1/4 tsp pepper
1 bag penne pasta
1 Tbsp chopped green onion
1/2 Tbsp pine nuts
1 Tbsp sliced roasted red peppers
1 Tbsp pitted olives, halved

INSTRUCTIONS

- 1) Defrost chicken breast in microwave using "weight defrost" and press the number 4.
- 2) Prepare artichoke dip by combining ingredients in a large bowl. Mix by hand or rubber spatula.
- 3) Cut a horizontal pocket in one side of the chicken breast; spoon spinach-artichoke dip into pocket.
- 4) Sprinkle chicken with paprika, salt, and pepper. Cook in hot oil over medium high heat for 5 minutes per side until done.
- 5) Bring pot of water to a boil and cook pasta until tender. Meanwhile, cook onion and garlic in hot oil in skillet over medium heat for 30 seconds; Add nuts and cook for 1 to 2 minutes.
- 6) Stir in pasta, roasted red peppers, olives, salt, and pepper; cook for 1 minute,



Nutrition Facts

servings per container	
Serving size	(346g)
Amount per serving	
Calories	650
% Daily Value*	
Total Fat 36g	46%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 1060mg	46%
Total Carbohydrate 46g	17%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 4mg	20%
Potassium 674mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.