

Chicken Parmesan Baked Pasta

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-pasta-recipe-pakistani>

Ingredients:

- 28 ounces whole peeled tomatoes
- 1 tablespoon olive oil
- 6 garlic cloves minced
- 1/4 teaspoon dried oregano
- 1/8 teaspoon crushed red pepper flakes
- 1/4 teaspoon kosher salt
- 2 cups water
- 1 1/2 cups low sodium chicken broth
- 12 ounces pasta
- 1 cup grated Parmesan divided
- 1/4 teaspoon black pepper
- 1 cup shredded mozzarella
- 1 pound boneless, skinless chicken breasts cooked and cut into bite-sized pieces
- 2 tablespoons chopped fresh basil

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 80 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams
6. Protein: 38 grams
7. SaturatedFat: 6 grams
8. Sodium: 760 milligrams
9. Sugar: 2 grams

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