

Creamy Chicken Pesto Pasta

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/north-italia-chicken-pesto-pasta-recipe>

Ingredients:

- 8 ounces pasta uncooked
- 2 chicken breasts cut in half lengthwise
- 1/2 teaspoon garlic powder
- salt to taste
- pepper to taste
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 tablespoon flour
- 1/2 cup chicken broth
- 3/4 cup heavy whipping cream
- 1/4 cup pesto
- 1/2 teaspoon lemon juice or more to taste
- 1/4 cup sun-dried tomatoes
- 2 cups baby spinach packed
- freshly grated Parmesan for serving, optional

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 75 milligrams
4. Fat: 27 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 14 grams
8. Sodium: 440 milligrams
9. Sugar: 3 grams

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