

Italian Chicken Pasta Bake

Yield: 8 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-pasta-bake-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 red pepper sliced
- 1/2 cup onion sliced
- 1 pound boneless chicken breast sliced thinly
- salt
- pepper
- 1 clove garlic minced
- 1 pound pasta cooked el dente
- 2 1/2 cups mozzarella cheese shredded and divided
- 24 ounces pasta sauce jar favorite
- 3/4 cup fresh Parmesan cheese finely shredded

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 75 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 33 grams
7. SaturatedFat: 8 grams
8. Sodium: 880 milligrams
9. Sugar: 11 grams

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