

# Chicken BLT Whole Wheat Pasta

Yield: 3 min  
Total Time: 20 min

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

## Ingredients:

- 1 pound whole wheat pasta
- 3 chicken breasts grilled and chopped
- 2 slices bacon fried and crumbled
- 2 plum tomatoes chopped
- 3 stems kale leaves seasoned & baked at 350 for 15-20 minutes
- 2 tablespoons olive oil
- 2 tablespoons Parmesan cheese

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 90 milligrams
4. Fat: 22 grams
5. Protein: 29 grams
6. SaturatedFat: 6 grams
7. Sodium: 360 milligrams
8. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy Chicken BLT Whole Wheat Pasta above. You can see more 20 italian whole wheat pasta recipe Prepare to be amazed! to get more great cooking ideas.