

# One-Pot Cheesy Italian Pasta and Chicken

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/onem-pot-cheese-italian-pasta-and-chicken-recipe>

## Ingredients:

- 8 ounces baby spinach leaves divided
- 1 cup sun dried tomatoes packed in oil and Italian herbs, drained, about 7 ounces
- 1 yellow onion large, sliced
- 1 pound boneless, skinless chicken breasts uncooked, cut into 1/2" bite size pieces
- 6 garlic cloves sliced
- 1 pound linguine
- 2 teaspoons Italian seasoning dried
- 2 teaspoons kosher salt
- 1 teaspoon fresh ground pepper fresh
- 1 teaspoon crushed red pepper flakes
- 4 cups reduced sodium chicken stock
- 1 cup wine chardonnay
- 4 ounces fresh Parmesan cheese shredded

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 65 milligrams
4. Fat: 12 grams
5. Fiber: 4 grams
6. Protein: 36 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1600 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy One-Pot Cheesy Italian Pasta and Chicken above. You can see more 18 onem pot cheese italian pasta and chicken recipe They're simply irresistible! to get more great cooking ideas.