

# Tuscan Chicken Pasta

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 8 ounces pasta uncooked, I used linguine
- 2 chicken breasts cut into bite-size pieces
- 1 tablespoon olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon Italian seasoning
- 1/4 teaspoon smoked paprika
- salt
- pepper
- 1/2 cup chicken broth or dry white wine
- 1/2 teaspoon Dijon mustard
- 1 teaspoon flour
- 1 teaspoon lemon juice
- 1/4 cup sun dried tomatoes
- 1 cup whipping cream heavy/
- 1 cup baby spinach loosely packed
- 1 handful fresh basil chopped finely
- grated Parmesan cheese Freshly, to taste

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 115 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 35 grams
7. SaturatedFat: 9 grams
8. Sodium: 490 milligrams
9. Sugar: 3 grams

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