

Healthy Tuscan Chicken Pasta

Yield: 6 min
Total Time: 34 min

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

Ingredients:

- 3 cups low sodium chicken broth
- 1/2 cup sun dried tomatoes no oil
- 1/2 tablespoon Italian seasoning
- 1 tablespoon minced garlic
- 2 pounds chicken breast about 2 large breasts, diced into 1-inch cubes
- 12 ounces whole wheat noodles I used one 12 oz. box
- 2 cups baby spinach
- 3/4 cup 2% plain Greek yogurt
- 3/4 cup cottage cheese
- 2/3 cup Parmesan
- 1/4 cup fresh basil 1 tsp dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 155 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 50 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 800 milligrams
9. Sugar: 4 grams

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