Chicken & Spinach Skillet Pasta

This chicken pasta combines lean chicken breast and sautéed spinach for a meal that's garlicky, lemony and best served with a little Parmesan on top.

Ingredients:

8 ounces gluten-free penne pasta, whole-wheat penne pasta, or regular pasta
2 tablespoons extra-virgin olive oil
1 pound boneless, skinless chicken breast or thighs, trimmed, if necessary, and cut into bite-size pieces
¾ teaspoon salt
¼ teaspoon ground pepper
4 cloves garlic, minced
1 cup dry white wine
2 teaspoons lemon zest
¼ cup lemon juice
⅓ cup unsalted butter, cubed
4 tablespoons grated Parmesan cheese, divided
10 cups chopped fresh spinach

Directions:

Bring a large pot of water to a boil; add 8 ounces pasta and cook according to package directions. Reserve ½ cup of cooking water; drain the pasta and set aside.

Meanwhile, heat 2 tablespoons oil in a large high-sided skillet over medium-high heat. Add chicken pieces, ¾ teaspoon salt and ¼ teaspoon pepper; cook, stirring occasionally, until an instant-read thermometer inserted in thickest portion registers 165°F, 5 to 7 minutes. Add minced garlic; cook, stirring, until fragrant, about 1 minute. Stir in 1 cup wine, 2 teaspoons lemon zest and ¼ cup lemon juice; bring to a simmer over medium-high heat, stirring occasionally. Add cubed butter and 1 tablespoon Parmesan; cook, whisking constantly, until the sauce is creamy and emulsified, about 2 minutes. Add ¼ to ½ cup pasta water; cook, stirring occasionally, until the sauce thickens slightly, about 2 minutes.

Stir in chopped spinach and the cooked pasta. Cook over medium heat, stirring occasionally, until the spinach is wilted and bright green, about 5 minutes. Divide among 4 plates; top with the remaining 3 tablespoons Parmesan.

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Serves 4-6 | Recipe https://www.eatingwell.com/recipe/267768/chicken-spinach-skillet-pasta-with-lemon-parmesan/