



Creamy Chicken Mushroom & Spinach Pasta

SERVING: 1.5 CUPS
YIELD: 6

PREP TIME: 10 MIN
TOTAL TIME: 30 MIN

Ingredients

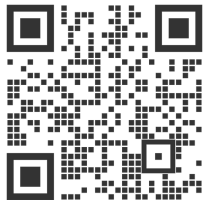
- 2 cups Farfalle (bow-tie) Pasta, uncooked
 - 4 cups Water
 - Pinch of Salt
- Chicken and Mushrooms:**
- Cooking Oil Spray
 - 1 lb Boneless Skinless Chicken, (thinly sliced or diced)
 - 2 tsp Poultry Seasoning
 - 1 pkg Mushrooms, sliced
- Creamy Parmesan Sauce:**
- 1/4 cup Buttery Spread (Smart Balance)
 - 2 tsp Minced Garlic
 - 1 tbsp All Purpose Flour
 - 1/2 cup Chicken Broth, Reduced Sodium
 - 1 cup Whole Milk
 - 1/2 cup Grated Parmesan Cheese
 - 2 cups Spinach, chopped

Directions

1. In a medium pot, prepare 2 cups of pasta. In a large skillet, add cooking oil spray and heat over medium high heat. COAT chicken with poultry seasoning and cook chicken for about 4-6 minutes on each side until browned. Remove chicken onto plate.
2. ADD 2 tbsp chicken broth to pan and stir. ADD mushrooms to pan. Once cooked, remove them from the pan.
3. ADD buttery spread to the pan, allow it to melt and then cook garlic in it until slightly browned – only for a couple of minutes. Add 1 tablespoon flour. Mix with rubber whisk. Slowly add one at a time while mixing: chicken broth, half-and-half and parmesan cheese.
4. ADD spinach to the sauce and allow it to wilt.
5. Putting it all together: Add the chicken, mushrooms, and pasta back to the pan. Mix well. Enjoy!

Nutrition Facts	
6 servings per container	
Serving size	1.5 cups (0.0g)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 270mg	12%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0.1mcg	0%
Calcium 120mg	8%
Iron 2mg	10%
Potassium 230mg	4%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*Cost information includes lower cost ingredients found at local grocery store 02/17/23.



Cost Per Recipe	Cost Per Serving
\$10.64	\$1.77



Nutrition Facts		Servings: 16, Serv. size: 2 Tbsp. (30mL),
Amount per serving: Calories 40 , Total Fat 3.5g (4% DV), Sat. Fat 2g (10% DV), Trans Fat 0g, Cholest. 15mg (5% DV), Sodium 25mg (1% DV), Total Carb. 1g (0% DV), Dietary Fiber 0g (0% DV), Total Sugars 1g (Incl. 0g Added Sugars, 0% DV), Protein 1g, Vit. D (0% DV), Calcium (2% DV), Iron (0% DV), Potas. (0% DV).		



Nutrition Facts		Servings: 32, Serv. size: 1 Tbsp. (15mL),
Amount per serving: Calories 50 , Total Fat 5g (6% DV), Sat. Fat 3.5g (18% DV), Trans Fat 0g, Cholest. 20mg (7% DV), Sodium 5mg (0% DV), Total Carb. 1g (0% DV), Dietary Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), Protein 0g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (0% DV).		



Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 26 servings per container		Total Fat 6g	8%	Sodium 70mg	3%
Serving size 1 tbsp (14g)		Sat. Fat 1.5g	8%	Total Carb. 0g	0%
Calories 50 per serving		Trans Fat 0g		Dietary Fiber 0g	0%
		Polyunsat. Fat 1g		Total Sugars 0g	
		Monounsat. Fat 3g		Incl. 0g Added Sugars	0%
		Cholest. 0mg	0%	Protein 0g	
		Vit. D 20% • Calcium 0% • Iron 0% • Potas. 0% • Vit. A 25%			
INGREDIENTS: WATER, VEGETABLE OIL BLEND (CANOLA OIL, PALM OIL, EXTRA VIRGIN OLIVE OIL, LESS THAN 2% OF: FLAXSEED OIL, SALT, MONOGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, VITAMIN A PALMITATE, VITAMIN D3 (CHOLECALCEROL), BETA CAROTENE (COLOR), AND LACTIC ACID, POTASSIUM SORBATE, TBHQ, CALCIUM DISSODIUM EDTA, CITRIC ACID (TO PRESERVE FRESHNESS)).					
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Nutrition Facts	
about 32 servings per container	
Serving size	1 Tbsp. (14g)
Amount per serving	
Calories	100
Total Fat 11g	14%
Saturated Fat 7g	35%
Cholesterol 30mg	10%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Protein 0g	
Not a significant source of trans fat, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium	