



# Margherita Chicken Pasta

SERVING: 2 CUPS  
YIELD: 6

PREP TIME: 5 MIN  
TOTAL TIME: 30 MIN

## Ingredients

- 1/2 package (16 oz) whole-wheat penne pasta
- Water for pasta
- 2 tbsp Olive Oil
- 1 lb boneless, skinless chicken breasts, diced
- 1 Tbsp Poultry Seasoning
- 1 Tbsp garlic powder
- 1/2 Onion, chopped
- 3/4 cup unsalted chicken broth
- 1 Tbsp Italian seasoning
- 1 cup grated parmesan cheese
- 1 pkg Frozen Spinach
- 1 can Sliced Stewed Tomatoes
- 1 cup plain non-fat Greek yogurt

## Directions

1. Prepare pasta according to package directions. Drain & set aside.
2. Using a large skillet, place 2 tbsp of olive oil over medium-high heat. In a small container combine diced chicken, poultry seasoning, and garlic powder. Cook 5-7 minutes or until browned.
3. Add broth, Italian seasoning & cheese. Cook 2 minutes. Mix well. Add spinach & tomatoes. Simmer about 5 minutes.
4. Stir pasta into skillet. Remove from heat & stir in yogurt. Serve immediately.

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>2 cups (0.0g)</b>
Amount Per Serving	
Calories	390
% Daily Value*	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 640mg	<b>28%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 34g	
Vitamin D 0.1mcg	0%
Calcium 280mg	20%
Iron 4.7mg	25%
Potassium 450mg	10%
<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>	

\*Recipe adapted from  
onieproject.org

\*Cost information includes  
lower cost ingredients found  
at local grocery store  
9/26/22.



Cost Per Recipe	Cost Per Serving
\$10.28	\$1.71

# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



## Smart Tips for Successful Meals

Preparing food at home can be a great way to save money, express creativity and stay on track with healthful eating. However, cooking can also be a challenge for many people.

With a few tips and tools, cooking at home becomes a little bit easier for everyone!

### Keep a Well-Stocked Pantry

If you don't have time to plan meals some days or have unexpected guests, a well-stocked pantry can relieve some of the pressure when it comes time to make a meal. Keep the following on hand for quick, easy-to-fix dishes.

#### Shelf Stable Products

- Dried or canned beans, peas and lentils (such as black, garbanzo, kidney, white and pinto beans; green, yellow or split peas and lentils)
- Canned vegetables with no added salt (such as diced tomatoes, peas, green beans and corn)
- Whole grains (such as brown rice, quinoa, oats, millet and whole-grain pasta)
- Pouches or canned fish and chicken
- Olive, canola or other vegetable oils
- Dried herbs and spices

#### Frozen Foods

- Vegetables (such as broccoli, cauliflower, carrots and brussels sprouts)
- Fruit (such as berries, cherries and bananas)
- Whole wheat pizza dough
- Frozen poultry or seafood



### Invest in the Right Tools

While you may be able to improvise, the following kitchen tools make working in the kitchen easier.

- Baking sheets and roasting pans
- Stock pot, sauce pans and skillets
- Tongs and spatulas
- Slotted and mixing spoons
- Potholders and towels
- Colander or strainer
- Mixing bowls in various sizes
- Separate cutting boards for raw and cooked foods
- Measuring cups and spoons
- Chef knives and vegetable peelers