

Penne Rosa with Chicken

Ingredients (6 servings)

- 12 ounces gluten free penne pasta
- 1 tablespoon olive oil
- 4 cloves garlic, minced
- 1 pinch crushed red pepper flakes
- 8 ounces button mushrooms, sliced
- 2 medium tomatoes (about 1/2 lb.) chopped
- Salt and pepper, to taste
- 4 cups fresh spinach
- 1lb. free range chicken breast, sliced and cut into small pieces
- 1/2 cup marinara sauce
- 1/3 cup 0% plain Greek yogurt
- 1/4 cup grated parmesan cheese

Instructions

Cook penne according to package directions, with a pinch of sea salt and a dash of olive oil. Cook al dente, or noodles will be mushy. Drain, rinse with cold water and set aside.

In a large skillet with a lid, heat olive oil over medium-low heat. Add in garlic and red pepper flakes, cook for 2 minutes or until garlic begins to soften.

Add in mushrooms, tomatoes, salt and pepper. Cook for 5 minutes, or until mushrooms begin to release their water.

Add in chicken breast. Cook until chicken is slightly browned. Remove from heat, add in spinach and cover skillet. Let spinach wilt for 2 minutes.

Remove lid and place skillet back over low heat. Add the penne, Greek yogurt and pasta sauce. Stir until sauce is mixed well and all pasta and veggies are coated. Heat until just warmed through. Divide into pasta bowls and serve topped with parmesan cheese.