

Creamy Garlic Spinach Chicken Pasta

Ingredients:

1lb	Chicken breast, boneless skinless
3 cloves	Garlic
10oz	Spinach, fresh
1	Yellow onion, large
12 Oz	Penne pasta, whole wheat
1 tsp	Red pepper flake
1 tbsp.	Olive oil, extra virgin
½ cup	Cream cheese
1/3 cup	Parmesan cheese, grated
Sea salt and fresh cracked pepper	

Instructions

1. Cook pasta according to package directions, reserving one cup of starching cooking water. Drain and return to hot pot, add chopped spinach, cover and set aside to let spinach wilt.
2. Heat olive oil over medium-high heat in a large skillet.
3. Once hot, add chicken to the skillet and sauté for approx. 5 minutes, or until chicken is cooked through.
4. Add onion and garlic to the pan and sauté for 2-3 minutes or until the onion has softened and beginning to turn translucent.
5. Add cream cheese and reserved cooking water to chicken. Stir to combine and melt cream cheese.
6. Add chicken/cream cheese mixture to pot with pasta and spinach. Add parmesan, crushed red pepper, salt and pepper. Stir to combine.