Chicken Linguini

Makes:

6 Servings

Utensil:

7 Qt./6.6 L Roaster with Cover

Rate Recipe: ☆☆☆☆☆

Contributed By:

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Recipe Description:

Here's a treat for you! Filled with succulent pieces of chicken and a creamy parmesan sauce, this recipe is sure to be a hit with everyone in your family! It's as easy as 1-2-3! Throw everything in and you'll have a delicious meal in less than 20 mins! To complete the dish, serve with a side salad and garlic bread.

1 lb
chicken breast, $\frac{1}{2}$ inch pieces
(1/2
kg)

8 oz
baby spinach leaves, divided
(226
g)

7 oz
sun-dried tomatoes, in oil
(54
g)

1 yellow onion, sliced
6 garlic cloves, sliced
1 lb
dry linguine
(1/2
kg)
2 tsp
Italian seasoning, dried
(5
g)
2 tsp
salt
(5
g)
1 tsp
fresh ground pepper
(2
g)
1 tsp
crushed red pepper flakes
(2
g)
4 cups
reduced sodium chicken stock
(898
ml)
1 cup
white wine
(237
ml)
4 oz
parmesan cheese
(113
g)

Directions:

1. Preheat roaster over medium-high heat, approximately 5-7 minutes or until several drops of water sprinkled on the pan skitter and dissipate.
2. Add chicken, half of the spinach, tomatoes, onion, garlic, linguine, Italian seasoning, salt, pepper and crushed red pepper to roaster.
3. Pour chicken stock and white wine over the top, cover and bring to a boil.
4. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 7-9 minutes until pasta is al dente, toss pasta occasionally to combine.
5. Turn off heat and add in remaining spinach and parmesan cheese. Toss to combine. Melted cheese will create the pasta sauce with the remaining liquid in the roaster.
6. Taste and adjust seasonings as needed.
7. Serve with a side salad and garlic bread.

Nutritional Information per Serving

Calories: 458
Total Fat: 10g
Saturated Fat: 4g
Cholesterol: 16mg
Sodium: 900mg
Total Carbs: 59g
Dietary Fiber: 5g
Sugar: 2g
Protein: 24g