



Chicken Spinach Skillet

PREP TIME

20 min

COOK TIME

25 min

TOTAL TIME

45 min

SERVINGS

4

COST

\$

COURSE

Main

INGREDIENTS

- 8 oz whole wheat pasta
- 1 1/2 Tbsp olive oil
- 1 lb. boneless skinless chicken breast cut into strips
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2 tsp minced garlic
- 1/2 cup apple cider vinegar
- Zest and juice of 2 lemons
- 5-6 cups fresh baby spinach
- 1/4 cup grated Parmesan cheese

INSTRUCTIONS

1. Cook pasta according to package directions. Drain and set aside.
2. Heat oil in a large skillet over medium heat.
3. Add chicken, salt, and pepper to the skillet. Cook, stirring occasionally, until just cooked through. 5-7 minutes or until internal temperature reaches 165 degrees F.
4. Add garlic and cook until fragrant, about one minute. Stir in vinegar, lemon zest, and lemon juice; bring to a simmer. Remove from heat.
5. Add cooked pasta and spinach to the skillet and stir.
6. Cover and let stand until spinach is just wilted.
7. Top with Parmesan cheese and serve.