

The Best Baked Spinach and Pasta

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Finding new dinner recipes can be rather bothersome. But, you can now break out of your rut with this healthy pasta recipe. The Best Baked Spinach and Pasta is absolutely amazing. The cheese, chicken, and spinach go so well together, so each bite will be delicious. You and your family will agree that this healthy dinner recipe is top-notch, and it'll soon become one of your go-to recipes. The best news is that this pasta recipe takes hardly any time to cook.

Serves: 6

Ingredients

- 1 pound bowtie pasta (sometimes called Farfalle)
- 2 tablespoons olive oil
- 2 pounds skinless boneless chicken breasts
- 8 cloves garlic, minced very fine
- 1/2 teaspoon salt
- 1/4 cup white wine
- 5 cups fresh baby spinach, stems removed
- 2 cups shredded mozzarella cheese

Instructions

1. Preheat oven to 350 degrees F.
2. Lightly spray a 9 x 13 baking dish with cooking spray.
3. Place a large stockpot filled with 4 quarts water and 1 Tablespoon salt over high heat. When it comes to a rolling boil, drop in the pasta and cook for the time specified on the package. Drain.

4. While the water heats and the pasta cooks, place a 12-inch round by 3-inch-deep nonstick fry pan over medium high heat.
5. Add the oil, and cook the chicken. Stir frequently until chicken is nearly cooked through, about 5 minutes.
6. Add the garlic and salt, then stir. Continue to cook 2-3 minutes until chicken is cooked and very fragrant.
7. Stir in the wine over high heat. Continue stirring to lift any browned bits in the bottom of the pan.
8. Then, add the spinach. Continue to cook and stir for another 5 minutes until spinach wilts.
9. Off the heat, add the drained pasta to the pan and stir to combine.
10. Pour into prepared pan. Sprinkle cheese on top, and bake until hot and lightly browned, about 20 minutes.

Notes

You could substitute chicken tenders for diced breasts if you wish.

If you don't have a large enough deep skillet, brown the chicken, garlic, and salt. Remove chicken to a large bowl using a slotted spoon, and add wine and spinach to the pan, stirring until wilted. Combine all, including the pasta, in the large bowl, and pour into the bake dish.