

Chicken Parmesan Pasta

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Adapted from The Chunky Chef

Serves 6 – I weigh out the entire recipe and divide by 6

Blue – 8 points

Purple – 5 points

Green – 10 points

- 1` lb boneless, skinless chicken breasts, cut into bite sized pieces
- 2 tsp olive oil
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1 small onion, minced
- 3 cloves garlic, minced
- 12 oz Ronzoni 150 Penne pasta (if using a different pasta, adjust points)
- 24 oz pasta sauce (I use my homemade – points based on that)
- 24 oz water
- 1 cup part skim mozzarella cheese, grated
- 4 oz Parmesan cheese, finely grated (I use a block and finely shred with a microplane grater)
- salt and pepper to taste
- fresh parsley or basil, chopped for garnish (optional)

1. In a large pot, skillet or dutch oven, add 2 tsp olive oil and heat over medium-high heat. Add chicken, season with salt, pepper, Italian seasoning and garlic powder. Cook about 5 minutes, until chicken is most of the way cooked through. Remove to a plate.
2. Add chicken and pasta, stir, then cover and cook for 10-15 minutes until pasta is done to your liking. Stir in parmesan cheese and 1/4 cup of the mozzarella.
3. Sprinkle remaining mozzarella on top of pasta and cook another 2-3 minutes until cheese is melted and gooey.
4. Sprinkle with additional Italian seasoning, if desired and garnish with basil or parsley.