

Creamy Chicken and Pasta with Bacon

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Serves 4

Blue – 12 points

Purple – 8 points (if you use whole wheat pasta)

Green – 14 points

- 6 strips center cut bacon
- 1 Tbsp olive oil
- 1 pound boneless, skinless chicken breast
- salt and pepper to taste
- 1 tsp garlic powder
- 1 Tbsp light butter
- 3 cloves garlic, minced
- 1 cup diced grape tomatoes
- 2 cups fresh spinach
- 1 1/2 tsp paprika
- 1 tsp Italian seasoning
- 1/4 tsp crushed red pepper flakes
- 1/2 tsp salt
- 1 1/2 cups fat free half and half
- 3 oz fresh parmesan cheese, grated
- 8 oz penne pasta – NOTE: to keep points lower I use Ronzoni 150 pasta, it is 4 points for 2 oz. uncooked. Adjust points to whatever kind of pasta you use. If you

are on Purple, use whole wheat for 0 points

- 2 Tbsp chopped fresh parsley, optional

1. Cook bacon until crispy. Set aside on paper towels to drain. Chop into 1 inch pieces
2. Pat dry the chicken with a paper towel. Season with salt, pepper and garlic powder and set aside
3. Heat olive oil in a large deep skillet. Add chicken breasts and cook on each side on medium high heat for about 4-5 minutes per side for a total of 8-10 minutes or until nicely browned and cooked through. Remove chicken from pan. Let rest 5 minutes and then slice.
4. Add butter to the hot pan and once it melts, add chopped garlic and cook 30 seconds until fragrant.
5. While preparing the sauce, start pasta cooking. When done, drain, but do not rinse.
6. Add tomatoes and cook for 3 minutes on high until tomatoes release their juices. Add fresh spinach and cook until it wilts.
7. Season with paprika, Italian seasoning, crushed red pepper flakes and salt. Mix.
8. Add half and half and bring the mixture to a boil. Reduce to simmer and slowly add the parmesan cheese – stir until the cheese melts and the sauce is creamy.
9. Add the sliced chicken, bacon and pasta. Next add chopped parsley. Stir until fully coated in sauce. Adjust seasonings to your taste. Serve.