

Tuscan Chicken Pasta (Instant Pot, Crock Pot or Stovetop)

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Serves 6

Blue – 7 points

Purple – 3 points (if you use whole wheat pasta)

Green – 11 points

- 3 cups low sodium chicken broth **if using crock pot or stovetop method, only 1 cup of chicken broth is needed**
- 1/2 cup sun dried tomatoes (not in oil), or 1/2 cup halved cherry tomatoes
- 1/2 Tbsp Italian seasoning
- 1 Tbsp minced garlic
- 2 pounds chicken breast, cut into 1 inch cubes
- 12 oz penne pasta (whole wheat for purple, I use Ronzoni 150 for blue or green)
- 2 cups baby spinach
- 3/4 cup non fat plain greek yogurt
- 3/4 cup 1% fat cottage cheese
- 5 oz grated fresh parmesan cheese
- 1/4 cup fresh basil OR 1 tsp dried basil
- 1/2 tsp salt
- 1/4 tsp pepper

For Instant Pot

1. Spray the pot with non stick spray and turn to saute
2. Once your pot is hot, add tomatoes, garlic, Italian seasoning, salt and pepper.
3. Cook until just fragrant using a wooden spoon or spatula to prevent sticking
4. Brown chicken on all sides for 3-5 minutes. This will prevent chicken from sticking together when under pressure
5. Add the noodles and chicken broth to the pot. Stir and make sure all of the pasta is pushed below the liquid.
6. Close and lock the lid and turn the pressure valve to sealing. Select pressure cook (high) and set the time for 3 minutes
7. While pasta is cooking, blend the Greek yogurt and cottage cheese together until smooth and set aside.
8. When the cook time is complete, quick release the pressure and remove the liquid. Drain extra liquid if necessary.
9. Add the spinach and fresh basil to the pot and stir until the leaves have wilted, then drain the excess liquid from the pot.
10. Add the parmesan cheese and yogurt mixture and stir until evenly mixed. Measure or weigh to divide into 6 equal servings.

Crock Pot

1. Lightly spray a skillet with cooking oil.

2. Add tomatoes, garlic, Italian seasoning, basil, salt and pepper. Saute over high heat for 30 seconds.
3. Next, add chicken and brown for 1-2 minutes until chicken no longer sticks together.
4. Place contents of skillet into crock pot and add 1 cup of chicken broth.
5. Cover with lid and cook on high for 2-3 hours or low for 4-5 hours
6. During the last 30 minutes, stir in your noodles and make sure all the pasta is covered in liquid. If you need to add more liquid, do so now.
7. Once the cook time is complete, add the spinach and basil. Stir until the spinach is wilted. Drain the excess liquid from the pot.
8. Blend the cottage cheese and Greek yogurt until smooth, and add to the pot.
9. Stir in parmesan cheese and serve immediately – top with fresh basil

Stove Top

1. Lightly spray a skillet with cooking oil.
2. Add tomatoes, garlic, Italian seasoning, basil, salt and pepper. Saute over high heat for 30 seconds.
3. Next, add chicken and brown for 1-2 minutes until chicken no longer sticks together.
4. Add 1 cup of chicken broth and pasta to the skillet, stir and make sure all the noodles are covered. Once the broth begins to boil, cover your skillet and reduce heat to medium. Simmer for 12-15 minutes, stirring

occasionally

5. Once the pasta is cooked, add the spinach and basil. Stir until spinach is wilted. Drain any excess liquid from the pan.
6. Blend the cottage cheese and Greek yogurt until smooth, and add to the pan.
7. Stir in parmesan cheese and serve immediately – top with fresh basil