

Goat Cheese, Chicken & Spinach Pasta

Servings: 2

Adapted from

<http://tastykitchen.com/recipes/main-courses/goat-cheese-chicken-and-spinach-pasta/>

Ingredients

1 teaspoon olive oil

Cooking spray

2 whole green onions, finely chopped

1/2 cup dry white wine or fat-free, low sodium chicken broth

2 ounces goat cheese

1 boneless skinless chicken breast

1 dash each of salt and pepper

8 ounces whole grain or whole wheat pasta

1 cup fresh baby spinach

1/2 teaspoon minced garlic

Preparation

- 1) Put 1/2 teaspoon of the olive oil into a skillet over medium heat. Cook chopped scallions until soft. Add wine or broth and cook until sauce is reduced by half, or about 5 minutes. Add goat cheese and stir until soft. Take off heat and set aside.
- 2) While sauce is being prepared, cut chicken breast into strips and season with salt and pepper. Heat a skillet coated with cooking spray and add chicken, cooking thoroughly, until chicken is browned and no longer pink, about 10 minutes.
- 3) While chicken is cooking, cook pasta according to package directions.
- 4) Remove cooked chicken from pan and set aside. Heat 1/2 teaspoon of olive oil and add garlic; sauté 1 minute. Add spinach and cook until it just begins to wilt, about 2-3 minutes.
- 5) Drain pasta and return to pot. Add chicken and spinach mixture; coat with goat cheese sauce. Add pepper to taste and enjoy.