

Chicken Rotini Casserole

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NOTE: this recipe can be made ahead, refrigerated in the baking dish, and cooked the next day. You will need to cook it about 15 minutes longer if you choose this option.

Ingredients:

10 oz vegetable rotini
3 cups clean, uncooked spinach
2 small boneless, skinless chicken breasts, chopped OR 1 - 1 1/2 cups cooked chicken, chopped
1 TBSP olive oil
3 cloves minced garlic
1/4 orange (or red) pepper, chopped
1/2 onion, chopped
2 cups chicken broth
1/4 cup white wine
1/2 tsp salt
1/8 tsp pepper
1/2 tsp Italian seasoning blend
1/8 tsp red pepper flakes
2 TBSP grated parmesan/romano cheese

Directions:

*Preheat the oven to 350 degrees (if not preparing ahead to cook the next day). Grease an 8 X 11 baking dish.
*Cook the rotini per package directions to el dente. Drain, add the spinach, mix, and set aside.
*While the pasta is cooking, Heat the olive oil in a skillet over medium heat. Once it's hot, add the uncooked chicken (if you're using cooked chicken, it will be added later), garlic, chopped pepper, and chopped onion. Cook and stir until the chicken is completely cooked.
*Add the chicken broth, white wine, salt, pepper, Italian seasoning, and red pepper to the pan. Bring to a boil, reduce the heat and simmer for 10 minutes.
*Add the chicken (if using precooked chicken, if not, it's already in the sauce) and the sauce to the pot with the pasta and spinach. Mix well. Pour into the prepared baking dish and sprinkle with the parmesan/romano cheese. Cover with tin foil.
*Either refrigerate for cooking the next day, or bake in the oven for 40 minutes. Mix before serving