



Yield: 4

Ingredients

- 1 pound chicken breast, skinned and boned, and cut into bite sized pieces
- 2 cloves garlic, minced
- 12 ounces frozen spinach, thawed and drained
- 1/2 cup low fat ricotta cheese
- 1/2 cup part-skim mozzarella cheese, shredded
- 8 ounces pasta, cooked

Cooking Directions

1. Heat a large skillet coated with cooking spray over medium-high heat.
2. Add garlic and saute 1 minute.
3. Add chicken and brown on all sides.
4. Add the spinach and continue sauteing until the chicken is cooked through.
5. In a large mixing bowl, combine the mozzarella and ricotta with the pasta. Add the chicken mixture and stir to combine.
6. Season with salt and pepper to taste and serve.