



Chicken Florentine Pasta

Preparation Time: 10 mins

Cooking Time: 15 mins

Serves: 6

Difficulty: Easy

INGREDIENTS

4 chicken breasts or 1lb boneless chicken thighs cut into bite size chunks
Box of penne pasta
1 yellow onion finely diced
4 cloves of garlic minced
 $\frac{3}{4}$ cups chicken stock/broth
 $\frac{3}{4}$ cup dry white wine
1 $\frac{1}{2}$ cups baby spinach
1 can petite diced tomatoes
2 tbspsns olive oil
5 tbspsns butter
Pinch of red pepper flakes
1 tspn dried oregano
Salt and freshly ground pepper
 $\frac{1}{2}$ cup finely ground parmesan
 $\frac{1}{2}$ cup shredded mozzarella (optional)
2 tbspsns fresh Italian parsley chopped
1 cup heavy cream (optional)

DIRECTIONS

1. Cook pasta according to instructions on box. Add a dash of olive oil and salt to the boiling water. Note: At altitude, cooking pasta takes longer.
2. Add 3 tbspsns butter and onions to a large pan, sauté until onions are translucent. Set onions aside.
3. Season chicken with salt and pepper
4. Heat 2 tbspsns butter and olive oil in a large pan. Over high heat cook chicken in a single layer, and lightly brown each side. Remove chicken once cooked through.
5. Reduce heat to medium-low, add garlic, stirring quickly to ensure garlic doesn't burn, otherwise taste becomes bitter. Cook for 30 seconds.
6. Add broth/stock and wine, stir to capture browned pieces on bottom of pan. This is referred to as deglazing. Allow liquid to bubble, reduce heat by half, and cook until liquid is reduced by half.
7. Optional – for a creamy version of this pasta, add cream at this step.
8. Turn off heat, add spinach, red pepper flakes, tomatoes, chicken, and cooked pasta. Add just a tablespoon or two of the pasta water. Mix well.
9. Sprinkle parmesan and mozzarella (optional).
10. Turn oven to broil/grill to melt cheese.
11. Remove from oven and sprinkle with Italian parsley.

