

# amazing Spinach Parmesan Pasta with Chicken

## INGREDIENTS

16 ounces pasta noodles  
1 lb boneless skinless chicken strips  
1/4 teaspoon red pepper flakes  
salt & pepper to taste  
2 tablespoons unsalted butter, divided  
10 ounces fresh spinach  
1/2 to 1 tablespoon freshly minced garlic  
1/4 to 1/2 cup Parmigiano-Reggiano cheese

## INSTRUCTIONS

Cook noodles according to package directions, drain, reserving about 1/4 cup of pasta water. Add noodles back to the pot with the reserved pasta water and set aside.

While the noodles are cooking, season chicken strips with salt & pepper. Melt 1 tablespoon butter in a skillet over mid-high heat. Add chicken to melted butter in skillet and sear for 3-5 minutes on each side until the chicken is no longer pink in the center and is nicely browned on the outside.

Reduce heat to medium. Melt the remaining tablespoon of butter in the skillet and add 10 ounces of fresh spinach, 1/2 to 1 tablespoon garlic, 1/4 teaspoon red pepper flakes, and a pinch of salt. Cook while stirring, until the spinach is wilted. About 5 minutes. Give it a taste and add salt and pepper as needed. NOTE: I use a full tablespoon of garlic in this recipe. If you think that might be too much for your taste, then start with 1/2 tablespoon. You can add more after you wilt the spinach and give it a taste.

Add the spinach/chicken mixture to the pot with the noodles and grate on 1/4 to 1/2 cup Parmigiano-Reggiano cheese and toss to combine. Enjoy!