



## RECIPE OF THE WEEK

This Chicken, Spinach & Tomato Pasta recipe is deliciously quick and easy to make. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this delightful meal will leave you licking your lips.



### CHICKEN, SPINACH & TOMATO PASTA (SERVE WITH A SIDE SALAD)

#### Nutritional Facts:

Chicken is a great source of lean protein, iron, phosphorus, and potassium. While spinach, tomatoes, and garlic together are high in fiber; iron, calcium, potassium; antioxidants; manganese; magnesium; and vitamins A, B, C and K. Cilantro, and chili are also full of antioxidants, vitamin C, calcium, zinc, copper, phosphorus, flavonoids, and other beneficial compounds. All this helps digestive and heart health; blood pressure and cholesterol levels, reduces inflammation; boosts immunity and energy levels, as well as overall wellbeing.

#### Ingredients:


12 ounces small pasta/macaroni	½ teaspoon red pepper/chili flakes
⅓ cup sundried tomatoes chopped	6 medium tomatoes chopped
3 tablespoons olive oil	6 cloves garlic minced
1 pound chicken, cut into small cubes	10 ounces spinach fresh
½ teaspoon salt to taste	1 cup Parmesan cheese freshly grated
½ teaspoon pepper or to taste	2 tablespoon chopped cilantro

#### Instructions

1. **Cook the pasta al dente**, according to package instructions.
2. **Cook the chicken:** While pasta is cooking, in a large skillet over medium heat; cook tomatoes, olive oil, chicken pieces, salt, pepper, red pepper flakes. Stir for 5 minutes or until the chicken is no longer pink.
3. **Finish cooking:** Add the chopped tomatoes, garlic, and spinach to the skillet and cook for another 3 minutes or until the spinach wilts a little.
4. **Combine pasta and sauce:** Add the drained pasta to the skillet along with ½ cup of the Parmesan cheese and toss everything together well.
5. **Finish and serve:** Drizzle some olive oil over the pasta and sprinkle with remaining Parmesan cheese and chopped cilantro.


*Eat & Enjoy!*

Recipe adapted from: [www.jocooks.com](http://www.jocooks.com)

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