



# Pesto Chicken Pasta for One

Servings 1 | Prep time 2 mins. | Total time 12 mins.

**Equipment:** Large microwave-safe mug OR  
Small microwave-safe bowl

**Utensils:** Stirring spoon, Measuring cups and  
spoons

## Ingredients

1/2 cup uncooked whole grain (rotini, penne, or  
other small shape) pasta

1 cup water, divided

3/4 tablespoon pesto, divided

1/2 cup cherry or grape tomatoes, halved

1 cup fresh spinach leaves, shredded

1/2 10 ounce can chicken breast in water OR

1/2 cup cooked chicken breast, cubed

1 tablespoon grated Parmesan cheese

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, fruits, and vegetables.
2. Place pasta and 2/3 cup of water in a large mug or small microwave safe bowl.
3. Microwave for 7 minutes, stirring once halfway through.
4. Stir the pasta again and add the remaining 1/3 cup of water. Heat for 2-3 more minutes or until pasta is cooked through.
5. Add 1/2 tablespoon pesto to mug with pasta, mix until pasta is well coated. Add in the tomatoes, spinach, and chicken and mix thoroughly. Microwave covered for 30 seconds to 1 minute, until spinach is wilted and tomatoes are soft.
6. Stir in the Parmesan cheese and add the remaining 1/4 tablespoon pesto.

## Nutritional Information:

Calories 490

Total Fat 15g

Sodium 540mg

Total Carbs 59g

Protein 33g