



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