

Farfalle with Chicken, Mushrooms, Spinach, and Ricotta

Serves 4

1/2 lb. whole wheat farfalle or other pasta
1 Tbsp. olive oil
1 lb. b/s chicken breast, cut into bite sized pieces
1 onion, diced
4 cloves garlic, minced
1/2 lb. cremini mushrooms, sliced
1/4 cup dry vermouth or white wine (or broth)
1 (28 oz.) can diced tomatoes, partially drained but some liquid reserved
2 tsp. dried parsley
1 tsp. dried oregano
1.5 tsp. dried basil
1 (3 oz) package baby spinach (or a package of frozen spinach, thawed & drained)
1/2 cup lowfat ricotta cheese

Bring a large pot of water to a boil. Add salt, and then add the farfalle. Cook until al dente.

Meanwhile, heat a large, heavy-bottomed pan over medium heat and add the oil. Sprinkle the chicken with salt and pepper and, once the oil is hot, add the chicken to the pan. Brown on all sides, and then add the onions and cook for a minute or two. Stir in the mushrooms, garlic, and some salt and pepper. Sauté until all vegetables are tender.

Increase the heat to medium high and add the vermouth. Cook until almost all the liquid has evaporated, and then stir in the diced tomatoes (and a few tablespoons of juice), red pepper flakes, parsley, oregano, basil, and salt & pepper to taste. Bring to a simmer and then reduce heat to medium-low, simmering until the flavors have developed (and chicken has cooked through). Add the spinach and cook until wilted down, about 2-3 minutes. Season to taste.

Add the pasta to the sauce and stir to coat. Off the heat, stir in the ricotta cheese.

Nutritional Information Per Serving (this count uses vermouth, which has a few more calories than white wine): Calories: 477 / Fat: 8.6g / Saturated Fat: 1.9g / Carbs: 52.6g / Fiber: 7.1g / Protein: 41g

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