



## From the Kitchen of Executive Chef Jessica VanRoo

### Lemon Pesto Sautéed Chicken & Pasta

Serves 4

*224 calories per serving*

**Description from Living Well UCI Health Blog: [www.ucihealth.org/blog](http://www.ucihealth.org/blog)**

Boneless, skinless chicken breast is always a heart healthy protein choice. And using lemon juice and zest in place of butter and salt-based seasonings drives down the calorie and sodium count.

Adding superfoods like spinach or kale — which promote bone health and are packed with important vitamins and minerals — ups the nutrition value of this midday meal.

If you were to substitute whole wheat pasta, you'd be increasing the fiber and staying power of this delectable meal.

Total cost: \$5.93/ \$1.48 per serving



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#### Ingredients

- 1 tablespoon olive oil
- 1 boneless chicken breast, cut into bite-sized pieces
- ½ cup diced onion
- 1 cup grape tomatoes
- 2 tablespoons pesto, homemade or store bought
- 1 teaspoon fresh lemon zest
- 2 cups baby spinach leaves or kale, roughly chopped
- 1 tablespoon lemon juice
- ¼ cup fresh grated parmesan cheese
- 10 oz bow tie or penne pasta, cooked and drained; reserve ¼ cup of pasta water.
- Salt and pepper to taste

#### Instructions

1. Heat oil in a large skillet on medium heat. Add chicken, and cook until golden brown, 8 to 10 minutes.
2. Remove from pan and set aside.
3. Add onion and tomatoes to pan, and cook until onions turn translucent.
4. Stir in pesto and lemon zest.
5. Add cooked pasta, then chicken and accumulated juices.
6. Stir to coat ingredients with pesto, adding reserve pasta water if needed.
7. Add spinach and cook 1 to 2 minutes more until spinach wilts.
8. Turn off heat, and stir in lemon juice and parmesan cheese.
9. Taste and add seasonings as desired and serve.