



Bow Tie Chicken and Spinach Pasta

Healthy alternatives:

Omit bacon, flour for coating chicken, salt and croutons.

Use low sodium organic broth, fat free or light sour cream and wheat pasta.

Saute bacon, mushrooms and minced garlic until all are cooked. Crumble bacon (or chop before cooking) and set mixture aside.

Cut chicken into bite sized pieces and coat with 2 Tbsp flour. Saute in a deep skillet until cooked through and browned.

Add chicken broth, mushroom mixture, onion and garlic powder and pepper to skillet. Cover and simmer for 10 minutes.

Stir in sour cream, corn and spinach, cover and simmer 5 - 10 minutes until corn is cooked through, spinach cooks down and sauce begins to thicken. If you'd like the sauce thicker, add flour, one tablespoon at a time, until it reaches desired consistency.

Serve over cooked pasta and top with crushed croutons and green onions if desired.

INGREDIENTS

- 1/2 - 1 lb chicken (optional)
- 1/4 lb bacon (optional)
- 1 cup sliced mushrooms
- 1 Tbsp minced garlic
- 2 Tbsp flour
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp pepper
- salt to taste
- 14 oz chicken broth
- 6 oz fresh spinach
- 10 oz fresh or frozen corn kernels
- 16 oz sour cream
- 1/2 cup sliced green onions (optional)
- crushed croutons (optional)
- 8 oz bow tie pasta

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