

Lemon Chicken Pasta with Kale

Recipe type: Main Dish

Serves: 7

Prep time: 10 minutes

Cooking time: 10 minutes

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What you need:

- 1 16-oz box whole wheat penne
- 2 cloves garlic, minced
- 1 bunch kale leaves, chopped (stems removed)
- 1 cup cherry tomatoes
- 1 lemon, zested and juiced
- 2 cups shredded rotisserie chicken (pre-cooked) or 2 cans of canned chicken
- Parmesan cheese, to taste



This is a picture of 1 serving.

What to do:

1. Cook pasta according to the package. Save at least ½ cup of pasta water.
2. Heat a large skillet with a little olive oil on medium heat.
3. Add minced garlic, chopped kale, and cherry tomatoes. Cook until the kale and tomatoes soften, about 5 minutes.
4. Add lemon zest and juice, shredded chicken, cooked pasta, and ½ cup pasta water. Stir everything together.
5. Let it simmer for 5 minutes to thicken the sauce.
6. Top with grated Parmesan.
7. Enjoy!

Contains Wheat and Milk

Nutrition Facts	
7 servings per container	
Serving size	1 Cup (147g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 120mg	5%
Total Carbohydrate 52g	19%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 3mg	15%
Potassium 524mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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