



ROTINI WITH CHICKEN AND SPINACH

PREP TIME: 10 minutes

SERVING SIZE: 1 cup

COOK TIME: 15 minutes

SERVES: 10

INGREDIENTS

- 1 lb. whole wheat rotini pasta
- 10 oz. canned chicken
- ¼ cup red onion, chopped (half an onion)
- 2 cloves garlic, minced
- 2 cups cremini mushrooms, sliced
- ½ cup fresh basil
- 1 Tbsp. extra virgin olive oil
- 1 cup chopped spinach, canned or frozen (defrosted)
- 1 ½ cup low sodium chicken stock
- ½ cup parmesan cheese, grated

PREPARATION

1. Cook pasta according to package directions. While the pasta is cooking, heat the oil in a large, non-stick frying pan.
2. Sauté onions, garlic, and mushrooms on medium high heat for 5 minutes or until onions are translucent.
3. Add the chicken, spinach and stock and mix together. Allow for the ingredients to simmer until sauce thickens about 2-3 minutes.
4. Add in the cooked pasta and cheese. Mix well.
5. Garnish with basil and serve.



Nutrition Facts

10 servings per container
Serving size 1 cup (155g)

Amount per serving
Calories 250

% Daily Value*

Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 32g	12%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 3mg	15%
Potassium 227mg	4%

*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.

SOURCE

carriesexperimentalkitchen.blogspot.com/2011/11/rotini-with-chicken-spinach.html

Recipe modified by CHOICES Nutrition Education Program



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This institution is an equal opportunity provider. Rev 9/22
This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP.



ROTINI CON POLLO Y ESPINACA

TIEMPO DE PREPARACIÓN: 10 minutos

TAMAÑO DE PORCIÓN: 1 taza

TIEMPO PARA COCINAR: 15 minutos

PORCIONES: 10

INGREDIENTES

- 1 libra Rotini pasta trigo integral
- 10 oz lata de pollo
- ¼ taza cebolla roja, picada (mitad de una cebolla)
- 2 dientes de ajo, picado
- 2 taza hongos cremini, rebanado
- ½ taza albahaca
- 1 cucharada aceite de oliva virgen extra
- 1 taza espinaca, en lata o congelado (descongelado)
- 1 ½ taza caldo de pollo bajo en sodio
- ½ taza queso parmesano rallado

PREPARACIÓN

1. Cocine la pasta según las instrucciones del paquete. Mientras caliente el aceite en un sartén antiadherente grande.
2. Saltear la cebolla, ajo, y hongos a fuego medio alto por 5 minutos o hasta que la cebolla sea translúcida.
3. Añade el pollo, espinaca, y caldo y mezcla toda junta. Permitir los ingredientes cocer a fuego lento hasta que la salsa espese por 2-3 minutos. Retirar del fuego.
4. Añade la pasta cocida y queso. Mezcle bien.
5. Adorne con albahaca y sirva.



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FUENTE

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Receta modificada por CHOICES Programa Educativo de Nutrición



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ROTINI CON POLLO Y ESPINACA

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Este material fue financiado en parte por el programa del USDA – SNAP en inglés