



Lightened Chicken Alfredo

Recipe Source: blog.myfitnesspal.com

Ingredients:

8 oz whole grain penne pasta
8 cups (6 oz) fresh baby spinach
2 tsp butter
1 garlic clove, minced
1 TBSP all-purpose flour
1 ½ cups low-fat milk
4 oz low-fat cream cheese, softened
¼ cup grated Parmesan cheese
2 cups shredded or chopped cooked chicken breast
¼ tsp coarsely ground black pepper

Steps:

- Cook pasta in boiling water in a large soup pot for 8 minutes until tender. Remove from heat. Add spinach and let stand 15 to 30 seconds, stirring occasionally, until spinach is wilted. Drain and pour into a large bowl. Set aside.
- Melt butter in the same pot over medium heat. Add garlic and sauté 1 minute. Add flour and cook 1 minute (mixture will be crumbly). Whisk in milk. Cook, whisking constantly, for 2 minutes.
- Add cream cheese, salt and pepper, and stir until smooth.
- Stir in chicken, cook 1 minute or until heated through. Add sauce to pasta and stir to combine. Serve immediately.

Tips from the Test Kitchen: Save the drained pasta water and add 1 Tbsp at a time to the mixture of pasta and sauce if it seems dry after combining in the last step.