

Creamy Mushroom & Chicken Linguine

Recipe makes 5 servings, each serving is:

437
kcal

13 g
fat

46 g
carbs

34 g
pro

Ingredients

- 3 boneless, skinless chicken breasts, bite-size
- 350 g linguine noodles (fresh, less if dried)
- 3-4 c. spinach, chopped
- 2 c. cremini mushrooms
- 1 c. bell pepper, diced
- 1/2 c. red onion, diced
- 1 Tbsp garlic, minced
- 1 Tbsp olive oil
- 1 c. chicken bone broth
- 1 tsp corn starch
- 3 Tbsp 10% cream
- 1-2 Tbsp gourmet garden Italian herb paste (or 1 Tbsp dried Italian seasoning)
- 1/2 c. parmesan cheese
- Salt & pepper

Directions

1. Bring a large pot of water to a boil and add the linguine in and cook to el dente.
2. In a large frying pan, over medium heat, add some oil and the chicken. Season with salt & pepper and fry until browned and mostly cooked through. Remove from heat temporarily.
3. Add a bit more oil and the bell pepper & onion. Fry them until they start to soften. Then, add the mushrooms and fry until starting to soften as well.
4. Add the garlic, chopped spinach, chicken broth, cream, Italian paste or seasoning, and the chicken. Bring to a light simmer for a few minutes.
5. In a small cup add 1 tsp of corn starch & 1-2 tsp of warm water to create a slurry. Add this to the dish and stir to combine.
6. Add the el dente linguine noodles and stir to combine.
7. Fold in the parmesan cheese, and add salt & pepper to taste.
8. Enjoy!



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