

Spaghetti with Chicken, Spinach & Parmesan

It's National Spaghetti day! Most people immediately think of the long noodles with a tomato and meat sauce, but the word refers simply to the pasta!

Spaghetti is from the Italian word that means "thin string" or "twine". A perfect name for the long, thin noodles! Americans have eaten the stuff for over 100 years!

Well this is a perfect day to share our Pasta of the Month:

Spaghetti with Chicken, Spinach and Parmesan!

PASTA OF THE MONTH

Spaghetti with Chicken, Spinach & Parmesan



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What you need:

- 6 oz. dry whole wheat spaghetti (about 3 cups cooked)
- 1 bunch of spinach, washed and stems removed
- 6-8 oz. cooked chicken breast
- 1 $\frac{1}{2}$ oz. parmesan cheese, grated
- 2 Tablespoons olive oil
- Salt and pepper to taste

How to Do it:



Bring a large pan of lightly salted water to boil. Break the pasta into thirds and add to the boiling water along with the spinach. Cook until pasta is tender.



Drain the pasta well.

Cut the chicken into $\frac{1}{2}$ inch pieces and add to the pan. Stir in the olive oil and parmesan. Add salt and pepper to taste.



Serve hot!

Serves 4

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Here are some more Pasta of the Month Recipes you might

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[An InLinkz Link-up](#)

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