



Chicken Parmesan Pasta

Macros: 580 Calories; 54g Protein; 58g Carbs; 16g Fat

Ingredients

Base

40 oz Chicken breast
28oz crushed tomatoes
2 tablespoons tomato paste
2 tablespoons minced garlic
1.5 tablespoons salt
1 tablespoon Italian seasoning
1 tsp black pepper, onion powder, chili flakes
15g shredded parmesan

Cream Sauce

300g cottage cheese
240ml fat free milk
100g 1/3 fat cream cheese
150g shredded parmesan
Salt and pepper to taste

Extra Ingredients

1 package of high protein pasta

Directions

1. Place all of "base" items in slow cooker
2. Cook on low for 7 hours or high for 4 hours
3. With one hour of cooking time left, blend the "cream sauce" ingredients and put in slow cooker and shred chicken and then add pasta
4. Top with fresh chopped basil