

CHICKEN PARMESAN PASTA

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