



PESTO CHICKEN PASTA

Ingredients:

- Chicken breast: 6 oz per serving
- Whole wheat pasta (dry): ½ cup per serving
- Cherry tomatoes: ½ cup
- Spinach or arugula: 1 cup
- Homemade pesto (see recipe): 2 Tbsp

Directions:

- Cook pasta, set aside. (Pasta of your choice)
- Grill or sauté chicken, slice.
- Toss pasta, pesto, spinach, and halved cherry tomatoes. Top with chicken.

Est. Macros

Calories: ~540, Protein: 45 g, Carbs: 45 g, Fat: 20 g

Enjoy!

