

Three-Cheese Chicken Penne Florentine



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Fresh spinach, chicken, and a combination of cheeses make this pasta dish comforting enough for the last days of winter yet fresh enough for the first days of spring.

Yield: 8 servings (serving size: about 1 cup)

Ingredients

1 teaspoon olive oil

Cooking spray

3 cups thinly sliced mushrooms

1 cup chopped onion

1 cup chopped red bell pepper

3 cups chopped fresh spinach

1 tablespoon chopped fresh oregano

1/4 teaspoon freshly ground black pepper

1 (16-ounce) carton 2% low-fat cottage cheese

4 cups hot cooked penne (about 8 ounces uncooked tube-shaped pasta)

2 cups shredded roasted skinless, boneless chicken breast

1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese, divided

1/2 cup (2 ounces) grated fresh Parmesan cheese, divided

1/2 cup 2% reduced-fat milk

1 (10 3/4-ounce) can condensed reduced-fat, reduced-sodium cream of chicken soup, undiluted

Preparation

Preheat oven to 425°.

Heat olive oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add mushrooms, onion, and bell pepper; sauté 4 minutes or until tender. Add spinach, oregano, and black pepper; sauté 3 minutes or just until spinach wilts.

Place cottage cheese in a food processor; process until very smooth. Combine spinach mixture, cottage cheese, pasta, chicken, 3/4 cup cheddar cheese, 1/4 cup Parmesan cheese, milk, and soup in a large bowl. Spoon mixture into a 2-quart baking dish coated with cooking spray.

Sprinkle with remaining 1/4 cup cheddar cheese and remaining 1/4 cup Parmesan cheese.

Bake at 425° for 25 minutes or until lightly browned and bubbly.

Kitchen Notes

You can cook the pasta mixture in individual eight-ounce ramekins; bake for 15 minutes.

Nutritional Information

Calories: 345 (25% from fat)

Fat: 9.7g (sat 5.1g,mono 3.1g,poly 1g)

Protein: 31.7g

Carbohydrate: 32.9g

Fiber: 2.1g

Cholesterol: 56mg

Iron: 2mg

Sodium: 532mg

Calcium: 275mg