

Creamy Chicken Tortellini

Recipe makes 6 meals

Ingredients

- **1.5 lbs Boneless Skinless Chicken Breast, chopped**
- **12 oz Barilla Tortellini Three Cheese**
- **3 Garlic Cloves, chopped**
- **2 cups Spinach, chopped**
- **1.5 cup Fat Free Fairlife Milk**
- **1 cup Chicken Broth**
- **1/2 cup Grated Parmesan Cheese**
- **3 Tbsp Corn Starch**
- **1 Tbsp Olive Oil**
- **1 Tbsp Butter**
- **1/2 Tbsp Garlic Powder**
- **1 tsp Onion Powder**
- **1 tsp Paprika**
- **1 tsp Italian Seasoning**
- **1/4 tsp Ground Coriander**
- **1/8 tsp Ground Nutmeg**
- **Salt and Pepper to taste**



Nutrition Profile

- per meal -

Calories - 433
Fat - 15g
Carbohydrates - 38g
Protein - 40g
***Fiber - 4g**

**Estimated Cost
Per Meal**

\$2.24

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Instructions

- 1. Start by cooking your pasta according to the instructions on the package. When done, strain it, return it back to the pot, and set aside.**
- 2. While your pasta is cooking, add your chopped chicken to a large mixing bowl along with 1/2 Tbsp garlic powder, 1 tsp onion powder, 1 tsp paprika and a little salt and pepper. Mix to coat.**
- 3. Heat a large skillet over medium-high heat and add in 1 Tbsp olive oil. Once your oil is hot, add in your chopped chicken and cook for 3-4 minutes on each side, or until your chicken is cooked through and has a nice color on the outside.**
- 4. While your chicken is cooking, in a bowl add 1.5 cup of milk, 1 cup of broth, and 3 Tbsp of corn starch. Mix until no clumps remain and set aside.**
- 5. Once your chicken is done cooking, remove it from the skillet and set aside. Return that same skillet back to the stove, reduce the heat to medium, melt in 1 Tbsp of butter. Add in your chopped spinach and cook for 30 seconds. Add in your chopped garlic and cook for an additional 30 seconds.**
- 6. Pour in your milk and broth mixture. Add in 1 tsp Italian seasoning, 1/4 tsp ground coriander, and 1/8 tsp ground nutmeg. Mix and let this continue to cook.**
- 7. Once your liquid starts to boil, turn off the heat and mix in 1/2 cup of grated parmesan cheese.**
- 8. Pour your sauce into the pot with your cooked tortellini, and add in your cooked chicken. Mix everything together, give it a taste, add salt and pepper to preference.**
- 9. Divide into your meal containers and enjoy!**



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Notes

- **This can easily be bulked up by adding in some cooked broccoli, mushrooms, or any other veggie that you prefer. If you do not want to change the flavor of the dish itself, you can simply serve extra veggies or a salad on the side.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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