



Italian Chicken Pasta Bake

Prep Time: 15 min

Cook Time: 40 min

Serves: 4

NUTRITION FACTS, PER SERVING:

432 calories

19 g fat

674 mg sodium



INGREDIENTS: **** Items not included in kit**

- Non-stick cooking spray**
- 1.5 cups pasta
- 2 TB olive oil**
- 1.5 lbs. cubed chicken
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1/2 cup diced red pepper
- Red pepper flakes, to taste
- 1 cup diced zucchini
- Salt & pepper, to taste**
- 1 cup marinara sauce
- 14.5 oz. can diced tomatoes
- 1.5 cups mozzarella cheese
- 1/4 cup fresh parsley, chopped
- 1/3 cup bread crumbs
- 1/3 cup parmesan cheese
- 2 TB butter, cubed in small bits**

DIRECTIONS:

1. Preheat oven to 400 degrees. Spray a 9x13 inch baking dish with **non-stick cooking spray**. Prep produce: Mince **2 cloves garlic**. Chop **parsley leaves** to make 1/4 cup.
2. Bring a medium pot of salted water to a boil over high heat. Add **1.5 cups pasta** and cook until just under al dente, about 5 minutes. Drain pasta and put in a large mixing bowl.
3. In a sauté pan over medium heat, add **2 TB olive oil, cubed chicken**, season with **salt & pepper** and cook for 8 minutes. Add the **diced onions, minced garlic, diced red peppers, diced zucchini**, season with **salt & pepper** and **red pepper flakes** to taste, and cook for 5 minutes until chicken is no longer pink and onions have softened. Remove pan from the heat and combine with cooked pasta in the large mixing bowl.
4. To the mixing bowl add **can of diced tomatoes, 1 cup marinara sauce, 1.5 cups mozzarella cheese, 1/4 cup chopped parsley**, and toss to combine. Pour mixture into greased baking dish.
5. In a small bowl, mix together **1/3 cup bread crumbs** and **1/3 cup Parmesan cheese**. Sprinkle over the top of the pasta mixture. Dot the top with small bits of **butter**. Bake until top is golden brown, about 20-30 minutes.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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