



## One-Pot Chicken Parmesan Pasta

**Yield:** 4-6 servings (1.5 cups each)

**Prep Time:** 10-15 minutes

**Cook Time:** 30 minutes

**Allergens:** wheat/gluten, dairy

**Kitchen Tools:** cutting board, knife, 2 small bowls, pot with lid, wooden spoon

### Ingredients:

1 tsp	Canola oil
6 each	Boneless, skinless chicken thighs
4 tsp	Italian seasoning
1 tsp	Garlic powder
1 small	Onion, minced
3 cloves	Garlic, minced
½ pkg	Frozen spinach (150 g)
4 cups	Fusilli dried pasta
680 ml	Tomato pasta sauce
3 cups	Water
½ cup	Shredded mozzarella cheese
½ cup	Shredded parmesan cheese
½ tsp	Salt
¼ tsp	Black pepper

### Food Preparation Instructions:

1. Wash and dry your hands.
2. Place a cutting board on the counter with a damp cloth underneath to keep the board from sliding around.
3. Place the onion on the cutting board and cut the ends off. Cut the onion in half lengthwise and then peel the dry skin off the onion. Throw away the ends and dry skin. Place the flat side on the cutting board and slice thinly. Place the onion slices on the cutting board and finely chop into smaller pieces. Place the minced onion in a bowl and set aside.
4. Peel the dry skin off 3 cloves of garlic; throw the skins away. Place the peeled garlic cloves on the cutting board. Place your fingertips flat on top of the knife blade near the tip. Keeping the tip of the knife on the cutting board, use an up and down motion,



moving side to side to chop the garlic into smaller pieces. Continue until the pieces are very small. Add minced garlic to the bowl of minced onions.

5. Using the same cutting board, chop the chicken thighs into small bite-sized pieces. Place the diced chicken into a bowl and set aside.
6. Wash and dry your hands after handling the raw chicken.
7. Clean up the counterspace. Place the cutting board in the sink to be washed and the knife on the counter by the sink to be washed. Never leave a sharp knife in the sink to be washed because someone could accidentally cut themselves.
8. Now follow the cooking directions below.

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### **Cooking Instructions:**

1. Place a large pot on the stove. Turn the heat on to medium-high (8 on the dial). Add 1 teaspoon of oil to the pot and then add the chicken, salt, pepper, Italian seasoning, and garlic powder.
2. Cook the chicken for 5-7 minutes, stirring often, or until the chicken is cooked through and no longer pink inside.
3. Carefully remove the chicken from the pot to a clean plate – you will add this back into the pot later.
4. With the heat set to medium (6 on the dial), add the onion and garlic to the pot and cook for 2-3 minutes, until soft. Add in the spinach and cook for another 1-2 minutes.
5. Pour in the pasta sauce and water and turn the heat up to high (7-8 on the dial). Bring to a boil, then reduce the heat to medium-low (3 on the dial).
6. Add the chicken and pasta to the pot, stir well, and place the lid on top. Cook covered for 15-18 minutes, until the pasta is cooked.
7. Turn off the heat and stir in the mozzarella and parmesan cheeses.

**Serve immediately while hot, 1.5-2 cups of cooked pasta per person.**

### One-Pot Chicken Parmesan Pasta

Estimated cost to serve 6 people:

QUANTITY	INGREDIENT	RECIPE COST (estimated)
1 teaspoon (5 ml)	Canola or vegetable oil	\$0.03
6 each	Boneless, skinless chicken thighs	\$8.25
4 teaspoons (20 ml)	Italian seasoning	\$0.20
1 teaspoon (5 ml)	Garlic powder	\$0.10
1 small	Onion, minced	\$0.25
3 cloves	Garlic, minced	\$0.12
½ package (150 g)	Frozen spinach	\$1.25
4 cups (375 g)	Fusilli dried pasta	\$1.35
680 ml	Tomato pasta sauce (1 can or jar)	\$1.99
3 cups (750 ml)	Water	\$0.00
½ cup (125 ml)	Shredded mozzarella cheese	\$2.34
½ cup (125 ml)	Shredded parmesan cheese	\$1.45
½ teaspoon	Salt	\$0.01
¼ teaspoon	Black pepper	\$0.01
<b>TOTAL: \$17.35/recipe = \$2.89/person</b>		

