

Heart Healthy Chicken with Pasta

One & one-half cups (6 ounces)	pasta shells, uncooked
One & one-quarter pounds	fresh spinach
One pound	chicken breasts without skin, grilled, cut into 1" pieces
Four cloves	garlic, chopped fine
One teaspoon	olive oil or vegetable spray
One cup	chicken broth
One-half teaspoon	nutmeg
	salt and pepper
One-half cup	Parmesan cheese, grated

1. Cook the spinach in the broth until tender. Drain and reserve broth. Mash out excess liquid.
2. Cook pasta.
3. Preheat a sauté pan or heavy skillet over medium heat. Add the oil or vegetable spray and sauté the garlic, stirring constantly until it is white. Don't allow it to brown.
4. Add the spinach and nutmeg, salt and pepper. Add the chicken pieces to the spinach, stir and turn and add a small amount of the reserved cooking broth. Stir and turn the spinach until it is hot, adding broth as necessary.
5. Remove pasta and immediately drain. Add the shells into the spinach mixture and blend well. Serve immediately with Parmesan. *Makes 4 servings.*

Adapted from <http://www.applesforhealth.com/chixpasta1.html>