

Another Healthy Recipe from



Chicken, Butternut Squash and Sage Penne



INGREDIENTS

2t olive oil
1/2t sea salt, divided
1/2t black pepper
3T chopped fresh sage
3 cloves garlic, chopped
2 5-oz boneless chicken breast
1t chili powder
8oz whole wheat penne pasta
8oz baby spinach leaves
1oz grated parmesan cheese

DIRECTIONS

1. Arrange racks in upper and lower thirds of oven; preheat to 400°F. Line 2 baking sheets with parchment paper. Add squash to one baking sheet and toss with oil, 1/4t salt and 1/4 tsp pepper. Bake until tender and browned, tossing halfway through, about 25 minutes. Add 2T sage and garlic and toss to combine. Return to oven for 2 to 4 minutes more, until garlic is soft and very lightly browned.
2. Add chicken to second baking sheet and sprinkle with remaining salt and pepper and chili powder. Bake until no longer pink in the thickest part, turning halfway through, 20-25 minutes. Cut chicken into cubes.
3. Cook pasta al dente according to package directions in a large pot. Before draining, ladle about 1/2 cup cooking water into a heat-proof cup and set aside. Return penne to pot.
4. Add olive oil to a large skillet on medium heat. Add spinach and cook until wilted.
5. Combine all ingredients in the pasta pot, tossing gently. Serve in bowls and top with parmesan cheese.