

Pasta with chicken cooked in vegetable & spinach mushroom sauce

One serving= 3Oz = 400 calories

Ingredients

- 1/3Bag of penne pasta
- 1 chopped chicken breast
- 1full bag of fresh spinach
- 5 full brown onions
- 1 full carrot
- 1 full green pepper
- 1 full tomato
- Salt
- Pepper
- Parsley

