



**NUTRITION
MONTH 2023**

Recipes for Simple, Nutritious
Sustainable Meals

One-Skillet Creamy Chicken Rotini

This one-pot, nutrient-packed meal will quickly become a family favourite. Cooking the veggies and whole wheat pasta in milk creates a delicious, creamy nutrient-rich sauce. Bonus? Adding in cooked chicken saves time and helps reduce food waste by using up leftovers.

INGREDIENTS

Prep Time: 20 min
Cook Time: 30 min
Makes 4 servings

1 tbsp (15 mL) unsalted butter
3 cloves garlic, minced
1 onion, chopped
1 pkg. (450 g) mushrooms, sliced
1 tsp (5 mL) dried thyme leaves
½ tsp (2 mL) each salt and pepper
3 tbsp (45 mL) all-purpose flour
½ cup (125 mL) sodium reduced chicken broth
4 cups (1 L) milk, heated until steaming
2 ½ cups (625 mL) uncooked whole grain rotini pasta
2 cups (500 mL) thinly sliced carrots, cut in half if large
2 cups (500 mL) chopped cooked chicken
4 cups (1 L) baby spinach
3 tbsp (45 mL) apple cider vinegar
1 cup (250 mL) chopped tomato
½ cup (125 mL) finely shredded old Cheddar cheese

PREPARATION

1. In large deep nonstick skillet, melt butter over medium-high heat. Add garlic, onion, mushrooms, thyme, salt, and pepper. Cook, stirring occasionally, until mushrooms are browned and most of the liquid has evaporated 6 to 8 minutes.
2. Whisk flour into broth and stir into skillet; cook stirring until thickened, about 1 minute. Stir in hot milk, pasta, and carrots; bring to simmer, stirring often. Adjust heat as necessary to maintain simmer; cook stirring often until pasta is almost tender, about 10 minutes.
3. Stir in chicken; simmer for 3 minutes or until chicken is warm and pasta is al dente. Stir in spinach one handful at a time. Stir in vinegar; cook until spinach is wilted. Spoon into bowls, sprinkle each with tomato and cheese.

FOR YOUR HEALTH

Cooking pasta in milk helps to make a serving of this One-Skillet Creamy Chicken Rotini an excellent source of protein. Plus, milk provides nutrients most Canadians don't consume enough of including calcium, vitamin D, magnesium, zinc, vitamin A, and potassium.

FOR THE ENVIRONMENT

Love those leftovers! This dish is a delicious way to use leftover chicken. Plus, extras of this pasta dish make a fantastic lunch. When it comes to what you eat, minimizing food waste is one of the most important things you can do to reduce your environmental impact.

YOUR DIETITIAN:

Name: Organization:
Contact:

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