

Keto Tuscan Chicken Pasta

Ingredients:

4 Chicken Breast
1 Spaghetti Squash

½ Large Onion
6 Garlic Cloves
1 Cup Sun Dried Tomatoes
3 Cups Spinach
2 Cups Heavy Cream
2 Cups Parmesan Cheese Shredded
2 Cups Chicken Broth
3 TBSP White Wine Vinegar
1 tsp Garlic Powder
1 tsp Thyme
1 TBSP Parsley
¼- ½ tsp Salt
½ tsp Pepper

Fresh Basil for Garnish



Instructions:

For The Spaghetti Squash:
(optional if using)

Preheat your oven to 400 degrees

Using a knife or fork poke holes throughout the squash and place into the microwave for about 5 minutes. Depending on the size of your squash this can take up to 10 minutes in the microwave.

Now cut your squash in half and using a spoon scrape out seeds inside the squash. Drizzle Olive Oil inside your squash and along the cut sides and season with salt, pepper, garlic powder.

Place your squash face down on a baking sheet and place into the oven for 45 minutes. Once done, remove from the oven and flip them over to cool down. Once they are cool enough to handle, you can use a fork to scrape the insides of your

squash. This will start shredding the squash into pasta noodles. Place into a bowl until ready to serve.

Season chicken on both sides with salt, pepper and paprika
Sear on medium high in oil and set aside once a nice crust forms on each side of your chicken. Remove your chicken from the pan and set aside.
In the same pan, add in onion, garlic and sun-dried tomatoes. Add in white wine vinegar and cook for about three minutes.

Add in Spinach, Heavy Cream, Chicken Broth and Parmesan Cheese. Simmer until the cheese is dissolved. Now we can add in the seasonings listed above.

Cut your chicken into strips or cubes and place into the sauce and cook for 15 to 20 minutes.

If you want your sauce thicker, you can add in Xanthan Gum starting with ¼ tsp until your desired consistency.

Now you can either mix your chicken and sauce with your pasta and serve that way or you can serve over your pasta alternative. I use spaghetti squash and serve it on top.

Servings : 6

Serving Size : One Cup

Macros:

Net Carbs: 10

Fiber: 3

Total Carbs: 13

Protein: 17

Fat: 45

Calories: 509