

VOLUME 3

PASTA DISHES WITH HERBS

Everything  
HERBAL

by Cheryl Jabz

Cheryl's

# TUSCAN CHICKEN PASTA

A creamy, comforting pasta dish made with tender chicken, garlic, spinach, sun-dried tomatoes, Parmesan, and Italian herbs for rich Tuscan-inspired flavor in every bite.

SERVES 4-6



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NATURE, MADE  
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## INGREDIENTS:

- 12 oz penne or fettuccine
- 2 boneless skinless chicken breasts, sliced or cubed
- 2 tbsp olive oil
- 1 tbsp butter
- 3 cloves garlic, minced
- 1 tsp dried basil
- 1 tsp dried oregano
- ½ tsp dried parsley
- ½ tsp onion powder
- ½ tsp black pepper
- ½ tsp sea salt, or to taste
- ½ cup sun-dried tomatoes, drained and sliced
- 2 cups fresh spinach
- 1 cup heavy cream
- ¾ cup chicken broth
- 1 cup grated Parmesan cheese
- ½ cup shredded mozzarella (optional)
- ¼ tsp crushed red pepper flakes (optional)
- Fresh parsley or basil for garnish



## INSTRUCTIONS:

- 1 Cook pasta according to package directions until al dente. Drain and set aside.
- 2 Season chicken with basil, oregano, parsley, onion powder, salt, and pepper.
- 3 Heat olive oil and butter in a large skillet over medium heat. Add chicken and cook until golden and cooked through.
- 4 Add garlic and sun-dried tomatoes. Cook for 1 minute until fragrant.
- 5 Pour in chicken broth and heavy cream. Stir well and bring to a gentle simmer.
- 6 Add Parmesan cheese and mozzarella if using. Stir until melted and creamy.
- 7 Add spinach and cook until wilted.
- 8 Add the cooked pasta and toss until fully coated in the sauce.
- 9 Sprinkle with red pepper flakes if desired and garnish with fresh parsley or basil.
- 10 Serve warm with extra Parmesan.

## OPTIONAL ADD-INS:

Add mushrooms, extra spinach,  
or a squeeze of lemon  
for even more flavor.

Made with  
Herbs, Love &  
Good Food

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by Cheryl Jabz

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