



FLOUR CITY PASTA

CURRY LINGUINE WITH CHICKEN AND SPINACH

Ingredients:

1 lb Curried Linguine cooked al dente (about 8 minutes).
 ½ cup chicken broth or water
 3 lbs chicken thighs, skinned and trimmed
 1lbs. fresh spinach, steamed and drained
 1-1/2 cup thick tomato pasta sauce
 1 tablespoon curry powder
 Salt to taste
 Fresh cilantro, chopped

Directions:

1. Cook the chicken in a large skillet until browned, add the broth and spinach.
2. Pour on the tomato sauce and curry powder.
3. Reduce heat and simmer for 10-15 minutes.
4. Taste the sauce and correct seasonings to taste.
5. Serve over cooked pasta and garnish with cilantro.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serv. Size 1/4 lbs (113g) Serv. Per Cont. 3 Calories 380 Fat Cal. 25	Total Fat 3g	5%	Total Carb. 80g
	Sat. Fat 0.5g	3%	Fiber 5g	20%
	<i>Trans</i> Fat 0g		Sugars 0g	
	Cholest. 0mg	0%	Protein 16g	
	Sodium 0mg	0%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	• Vitamin C 0%	• Calcium 4%	• Iron 25%

INGREDIENTS: Organic Wheat, Durum, Organic Curry Powder, Natural Wheat Protein
 CONTAINS: Wheat

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