

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

# Tuscan Chicken Pasta

**Date:**

## **Additional Ingredients:**

- 1 cup Water
- 4 oz Low Fat Cream Cheese
- 8 oz Pasta, uncooked

*freezermealprep.pro*

## **Slow Cooker:**

- Empty the thawed contents of the bag into a slow cooker.
- Add 1 cup Water and cook on low for 4-6 hours or high for 3-4 hours until the internal temperature reaches 165F.

## **Pressure Cooker:**

- Empty the frozen contents of the bag into a pressure cooker and add 1 cup Water.
- Turn the pressure to high and cook for 20 minutes with quick pressure release.

## **Additional Instructions:**

- Cook 8 oz Pasta, uncooked according to the package directions.
- Shred the chicken and return it to the pot.
- Add 4 oz Greek or Low Fat Cream Cheese and mix well. Add pasta and stir until combined.
- Allow the meal to cook or sit on a warm setting for an additional 5-10 minutes so that the chicken and noodles can soak up some of the juices.
- Top with fresh parsley and parmesan cheese. Serve with warm bread, a side salad, roasted asparagus or steamed broccoli