



Spinach Artichoke Chicken One-Pan Casserole

Serves: 6



Ingredients

- 1½ lbs boneless, skinless chicken breast, cut into bite-sized pieces
- 8 oz whole wheat or chickpea pasta
- 1 (14 oz) can artichoke hearts, drained and chopped
- 3 cups fresh baby spinach
- 1 cup plain Greek yogurt
- ½ cup light cream cheese, softened
- 1 cup low-sodium chicken broth
- ½ cup shredded mozzarella
- ¼ cup grated Parmesan
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- ½ tsp garlic powder
- ½ tsp black pepper
- Salt to taste
- Optional: red pepper flakes



Instructions

1. **Preheat oven** to 400°F and lightly grease a 9x13-inch baking dish.
2. Add the uncooked pasta, chicken, artichoke hearts, and spinach to the baking dish.
3. In a bowl, whisk together Greek yogurt, cream cheese, chicken broth, garlic, Italian seasoning, garlic powder, pepper, and a pinch of salt.
4. Pour the sauce mixture over the chicken and pasta. Stir everything together until well combined.
5. Cover tightly with foil and bake for **30 minutes**.
6. Remove the foil and stir. Sprinkle mozzarella and Parmesan over the top.
7. Return to the oven uncovered for **10–15 minutes**, until the chicken reaches 165°F, pasta is tender, and cheese is golden and bubbly.
8. Let sit for 5 minutes before serving.



Nutrition Highlights

Approx. per serving:

- **35–40g protein**
- Good source of fiber
- Plenty of vegetables
- Calcium-rich from Greek yogurt and cheese



Meal Prep Tips

Store portions in airtight containers for up to **4 days**. Reheat in the microwave with a splash of chicken broth or water to keep the pasta creamy.

Easy Swaps

- Use rotisserie chicken to make this even faster—just add it after the pasta has partially cooked.
- Swap spinach for frozen spinach; thaw and squeeze out excess moisture first.
- Add mushrooms or chopped broccoli for even more vegetables.
- Use chickpea pasta for an extra boost of protein and fiber.

 **Dietitian tip:** One-pan casseroles are an easy way to combine protein, vegetables, and a high-fiber carbohydrate into one satisfying meal—without needing multiple side dishes.