

## Quick and easy basil-tomato and chicken skillet

### Ingredients:

- 2 cooked chicken breast, diced
- 1 14 ½ ounce can of no-salt added diced tomatoes, drained
- ¼ cup fresh basil, sliced
- 1 bag of fresh spinach
- 2 Tb. Parmesan cheese
- Black Pepper, to taste

### Directions:

1. Coat 12-inch skillet with nonstick cooking spray. Heat skillet to medium heat.
2. Add chicken, tomatoes and basil and heat through.
3. Add spinach and toss until wilted.
4. Add pepper to taste and top with Parmesan cheese.

Nutrition (serves 2): 170 calories, 2 grams of fat, 150 mg sodium and 7 grams of carbohydrate.

Note: This is a great way to use leftover chicken for a quick meal. Enjoy!