

LEMON HERB PASTA WITH CHICKEN

This dinner can be prepared from frozen to enjoy today.
Medium: Serves 2 to 3. Time to Table: 35–40 minutes.



1. Preheat oven to 375°F.
2. On stove top heat sauce in sauté pan and stir until thawed.
3. Spray 8 x 8 baking pan with non-stick cooking spray. Add Lemon Herb Pasta with Chicken and top with sauce mixture. Stir to combine. Cover with foil and bake 30 min.
4. Remove foil, stir and continue to bake an additional 5-10 min. until heated through.



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Nutrition Facts	
Serving Size about 1 1/4 cup (305g)	
Servings Per Container 3	
Amount Per Serving	
Calories 440	Calories from Fat 120
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 1410mg	59%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 32g	
Vitamin A 20%	Vitamin C 10%
Calcium 35%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS

Penne Rigati Pasta (Water, Enriched Semolina [Durum Wheat Semolina, Niacin, Ferrous Sulfate, Thiamine Mon nitrate, Riboflavin, Folic Acid]), Diced Chicken Breast ([Diced, Boneless, Skinless Chicken Breast With Rib Meat, Water, Seasoning (Maltodextrin, Salt, Sugar, Chicken Stock, Vegetable Stock [Carrot, Onion, Celery], Flavors, Carrot Powder and Garlic Powder)], Modified Food Starch, Sodium Phosphates, Soy Protein Concentrate, Sea Salt), White Cooking Wine (Wine, Salt, Contains 1% or less of each of the following: Malic Acid, Potassium Metabisulfite [preservative]), Mozzarella Cheese (Low Moisture Part Skim Mozzarella Cheese [Cultured Pasteurized Part Skim Milk, Skim Milk, Salt, Enzymes]), Powdered Cellulose Added to Prevent Caking, Natamycin [a Natural Preservative]) Peas, Half & Half (Milk, Cream, Disodium Phosphate, Sodium Citrate, Carrageenan), Water, Lemon Juice (Lemon Juice from Concentrate (Water, Concentrated Lemon Juice), Sodium Metabisulfite, and Sodium Benzoate (Preservatives), Lemon Oil, Sodium Sulfite [Preservative]), Extra Virgin Olive Oil, Green Onion, Chopped Garlic (Garlic, Water and Citric Acid. Contains: Naturally Occurring Sulfites), Sundried Tomato Base (Sun Dried Tomatoes [Water, Sun Dried Tomatoes], Tomato Paste, Parmesan Cheese [Cultured Milk, Salt, Enzymes], Canola Oil, Garlic, Spices, Salt, 2% of less of Modified Cornstarch, Tomato Powder, Romano Cheese [Made From Cultured Cow's Milk, Salt, Enzymes], Soybean Oil, Corn Oil, Potassium Sorbate [a preservative], Citric Acid, Natural Flavors, Sulfiting Agents), Chicken Soup Base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed [wheat and corn gluten, soy] Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, Vegetable Color [Turmeric and Annatto extracts]), Cornstarch, Kosher Salt, Dehydrated Onion, Oregano, Parsley, Basil, Black Pepper.

Contains: Milk, Soy, Wheat

PERISHABLE: For food safety and quality follow these instructions carefully: Keep refrigerated or frozen. Cook thoroughly. Check product temperature. Internal temperature must reach at least 165°F as measured by a food thermometer taken in several spots. Promptly refrigerate any leftovers. Our Table disclaims all liability in the event food safety instructions are not followed or the meal is not prepared in accordance with the enclosed cooking instructions.

Nutritional information is per serving unless otherwise stated and are based on standard formulations: variations may occur due to manufacture/supplier alterations and individual assembly and preparation.

NET WT 32 OZ (2 LB) 915g