

# Chicken & Pasta Mozzarella Bowl



## Ingredients (2 meals)

- 2 Chicken Breasts (air fry if possible)
- 1 cup Low-Fat Cottage Cheese
- 1 cup Light Shredded Mozzarella Cheese
- 1 cup Marinara Sauce (simple ingredients)
- 2 cups Whole Grain Penne Pasta (optional)
- 2 cup of Vegetable of choice (broccoli, cauliflower, peppers, etc)
- 2 tsp Salt
- 2 tsp Ground Black Pepper
- 2 tsp Garlic Powder
- 2 tsp Italian Seasoning (can use oregano, paprika, cajun etc)

## Directions

1. Cook pasta if not already cooked in advance
2. Season chicken breasts and prepare them to be cooked if not cooked already
3. Cook or cut up vegetables of choice (can eat on the side or add into bowl)
4. Cook and then cut up chicken breasts
5. Measure cottage cheese, shredded mozzarella cheese, marinara sauce, cooked pasta, veggies (optional) and cut up chicken into frying pan or oven  
(You can even microwave this if needed or when eating as lunch!)

*\*Recommend doubling this recipe for meal prep  
(good freezer meals)*

