



Tomato Spinach Chicken Spaghetti Recipe

The Best Smelling Kitchen

My kitchen smells amazing when I make this dish. The garlic and tomatoes sizzle in the pan. It makes my whole house feel warm and happy.

I love how simple it is. You just toss everything into one big skillet. Doesn't that sound easy? What is the best smell that comes from your kitchen? I would love to know.

A Little Story About Spinach

I used to have a tiny garden. My spinach plants never grew very big. So

I would pick the small, tender leaves for this recipe.

One day, my neighbor saw me picking them. He laughed and said my salad would be tiny. But I told him it was for cooking. Those little leaves wilt down into something wonderful. This matters because even small, simple things can become great.

Why We Cook Together

Cooking is more than just making food. It is a way to show people you care. When you cook for someone, you are giving them a gift of time and love.

This spaghetti is perfect for sharing. It makes a big pan full of goodness. Who would you love to make this meal for? I still think of my family every time I make it.

The Magic of Sun-Dried Tomatoes

Let's talk about sun-dried tomatoes. They look a little funny, all wrinkly and dark. But they are little flavor bombs!

They add a sweet and tangy taste to the chicken. *Fun fact: sun-dried tomatoes are just regular tomatoes left in the sun to dry.* This makes their flavor super strong and delicious. This little step matters because it makes the whole dish taste special.

Your Turn to Cook

Now it is your turn. Do not worry about being perfect. Just have fun in the kitchen. The recipe is your guide, but you are the boss.

Maybe you want to add more garlic. Or maybe you skip the pepper

flakes. It is all up to you! What is one ingredient you always like to add to your pasta? Tell me about your cooking style.

See also Hamburger Potato Casserole

Ingredients:

Ingredient	Amount	Notes
Spaghetti noodles	8 ounces	
Boneless, skinless chicken thighs	1 pound	cut into 1-inch cubes
Kosher salt	$\frac{1}{2}$ teaspoon + 1 teaspoon	divided use
Pepper	$\frac{1}{2}$ teaspoon	
Extra virgin olive oil	3 tablespoons	
Sun-dried tomatoes	$\frac{1}{4}$ cup	soaked in hot water, drained, chopped
Red pepper flakes	$\frac{1}{4}$ teaspoon	
Roma tomatoes	4	seeded, chopped
Dried basil	1 teaspoon	
Garlic	1 tablespoon	minced
Fresh spinach leaves	8 ounces	
Parmesan cheese		for garnish



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My Cozy Chicken Spaghetti Supper

This recipe always reminds me of my grandson, Leo. He calls it “confetti pasta.” He loves all the colorful bits mixed in. It’s a simple supper that feels like a warm hug. Let’s get everything bubbling on the stove.

- **Cook Time:** 20-25 minutes
- **Total Time:** 30-35 minutes
- **Yield:** 4 servings
- **Category:** Dinner, Pasta

Ingredients

- Spaghetti noodles
- Chicken breast
- Salt and pepper
- Olive oil
- Sun-dried tomatoes
- Red pepper flakes
- Fresh Roma tomatoes
- Dried basil
- Minced garlic
- Fresh spinach leaves

Instructions

Step 1: First, fill a big pot with water. Add a good sprinkle of salt, just like the sea. Bring it to a rolling boil. Then add your spaghetti noodles. Let them dance in the water for about ten minutes. (A hard-learned tip: always salt your pasta water. It makes the noodles taste wonderful all by themselves.)

Step 2: Now, let's prepare our chicken. Cut it into little bite-sized cubes. I still laugh at how I used to make the pieces too big. Season them well with salt and pepper. This gives our chicken a nice, friendly flavor from the very start.

Step 3: Warm some olive oil in a large pan. Add the sun-dried tomatoes and a pinch of red pepper flakes. Doesn't that smell amazing? It reminds me of a sunny Italian garden. Add your chicken and cook it until it's no longer pink inside.

Step 4: Turn the heat down a little. Toss in the fresh Roma tomatoes, dried basil, and minced garlic. Stir it all around for just a minute. The garlic will smell so good. Can you name another recipe that uses both fresh and sun-dried tomatoes? Share below!

See also [Saltine Crusted Chicken Tenders Recipe](#)

Step 5: Here comes the magic. Add all the fresh spinach leaves. It will look like a mountain at first. Watch it wilt down into a dark green, silky blanket. Stir it occasionally until it's perfectly soft.

Step 6: Finally, add your drained spaghetti right into the pan. Toss everything together until the noodles are coated in that lovely sauce. Serve it right away while it's hot and happy.

Let's Shake It Up!

This recipe is like a good story. You can tell it a little differently each time. Feel free to play with your food. I do it all the time in my kitchen. Here are some fun twists to try if you're feeling adventurous.

- **Mushroom Magic:** Skip the chicken. Use sliced mushrooms instead. They get so juicy and meaty. A perfect meatless Monday

dish.

- **Creamy Dream:** Stir in a big spoonful of cream cheese at the very end. It makes the sauce so rich and smooth. My neighbor gave me that idea.
- **Zesty Lemon Zing:** Add the zest of one lemon with the spinach. It makes the whole dish taste bright and sunny. It cuts through the richness nicely.

Which one would you try first? Comment below!

How to Serve Your Masterpiece

Now, let's talk about the finishing touches. A good meal is about more than just the main dish. I love serving this spaghetti in a wide, shallow bowl. It shows off all the beautiful colors inside. A big green salad on the side is just perfect. It adds a nice, fresh crunch.

Don't forget the garnish! A generous sprinkle of parmesan cheese on top is a must. For a drink, a chilled glass of white wine pairs wonderfully. For the kids, and me on most nights, sparkling lemonade with a sprig of mint is my go-to. It feels so fancy. **Which would you choose tonight?**

See also [Balsamic Garlic Dijon Grilled Chicken Skewers](#)



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Keeping Your Spaghetti Cozy for Later

This dish keeps nicely in the fridge for a few days. Just pop it in a sealed container. You can freeze it for a month too. Let it cool down first.

I remember my first time freezing this. I was so proud of my future self. Reheat it gently on the stove with a splash of water. This keeps the pasta from drying out.

Batch cooking this meal is a real time-saver. It means a good dinner is ready on a busy night. That matters because it keeps your family fed with love, even when you're tired. **Have you ever tried storing it this way? Share below!**

Simple Fixes for Common Kitchen Hiccups

Is your chicken sticking to the pan? Make sure the oil is hot before you add it. I once added chicken to a cold pan. What a sticky mess that was!

Does your spinach look like a mountain? Do not worry. It wilts down to almost nothing. Keep stirring and watch it shrink. This matters because it makes getting your greens easy and delicious.

Is the pasta too dry when you mix it? Add a spoonful of the pasta water. This helps the sauce coat every noodle. Getting this right builds your cooking confidence. **Which of these problems have you run into before?**

Your Quick Questions, Answered

Q: Can I make this gluten-free? A: Yes! Just use your favorite gluten-free spaghetti noodles.

Q: Can I make it ahead? A: You can chop the chicken and veggies a day early.

Q: I don't have sun-dried tomatoes. A: A tablespoon of tomato paste is a fine swap.

Q: Can I double the recipe? A: Absolutely. Use your biggest pot and skillet.

Q: Any optional tips? A: A squeeze of fresh lemon juice at the end is lovely. *Fun fact: A little acid, like lemon, makes flavors pop!* **Which tip will you try first?**

From My Kitchen to Yours

I hope this recipe becomes a favorite in your home. It is simple, healthy, and full of flavor. Cooking for others is a way to share your heart.

I would love to see your beautiful creations. Your photos inspire me and other readers too. **Have you tried this recipe? Tag us on Pinterest!**

Happy cooking! —Elowen Thorn.

Tomato Spinach Chicken Spaghetti Recipe



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Tomato Spinach Chicken Spaghetti Recipe | 12

Tomato Spinach Chicken Spaghetti Recipe