

# Spinach & Artichoke Dip Chicken Casserole

We've made a few recipes inspired by the classic American spinach and artichoke dip, and this is one of our favorites. We're combining its creamy deliciousness with pasta shells, arugula and peppers, and sautéed chicken. Baked up with a Ritz cracker topping, it's comfort food just right for a chilly night.

**30** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Saucepan (with cover)  
Large Skillet  
Casserole Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Pasta Shells  
Cheese & Sour Cream  
Chicken Breast  
Artichokes & Bell Peppers  
Spinach & Arugula  
Ritz Crackers

## Good to Know

**Health Snapshot Per Serving-** 960 Calories, 66g Protein, 45g Fat, 73g Carbs, 24 Freestyle Points

**Lightened-up Health Snapshot Per Serving-** 730 Calories, 32g Fat, 53g Carbs, 16 Freestyle Points by using two-thirds of the Crackers, Shells, and Dip Mix.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE  
to view YouTube  
cooking video**



**INGREDIENTS** Chicken Breast, Artichoke, Red Bell Peppers, Mayonnaise, Sour Cream, Shell Pasta, Ritz Crackers, Cream, Mozzarella, Spinach, Parmesan, Arugula, Chive, Lemon, Garlic, Black Pepper

*meez* meals

## 1. Get Organized

Preheat the oven to 400 degrees and set a large saucepan of water to boil. Spray or brush a casserole dish with oil.

## 2. Cook the Pasta

Add the **Pasta Shells** to the boiling water with a generous pinch of salt. Cook until slightly harder than al dente, about 8 to 10 minutes. Drain the pasta and return it to the empty saucepan. Immediately add the **Cheese & Sour Cream** to the cooked pasta and stir well. Cover and set aside until step 4.

## 3. Cook the Chicken

While the pasta is cooking, heat 1½ Tbsp olive oil a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board to rest for 5 minutes. Wipe out the skillet. Once the chicken has rested, slice into ½" strips. Add the chicken to the saucepan with the pasta and cheese & sour cream.

## 4. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Artichokes & Bell Peppers**. Sauté until the vegetables start to char, about 3 to 4 minutes. Add the **Spinach & Arugula** and stir until it begins to wilt, about 1 to 2 minutes. Transfer the veggies to the saucepan with the other ingredients and stir well.

## 5. Finish the Casserole

Transfer the contents of the saucepan to the oiled casserole dish. Break the **Ritz Crackers** in the bag into small pieces and sprinkle the crumbs across the top of the casserole. Bake until the cracker crumbs start to brown, about 10 to 12 minutes. Remove from the oven to rest for at least 5 minutes. Enjoy!

*We recommend  
8"x8" or  
similar sized  
casserole dish.*

*The pasta will  
soften up to al  
dente texture  
when baked in  
step 4.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \***