

## **Chicken Penne Pasta**

Serving Size: 1/8 of recipe

Serves: 8

### **Ingredients**

½ pound penne pasta  
2 tablespoons extra virgin olive oil  
½ small onion, diced  
6 – 4oz boneless skinless chicken breasts, julienned  
1 small pablano pepper, finely chopped  
1 small red bell pepper, finely chopped  
1 clove garlic, minced  
½ cup sliced mushrooms  
2½ cups fat free half and half  
¼ cup fresh parmesan cheese, grated  
½ cup sun-dried tomatoes, julienned  
Pinch of salt and pepper  
Fresh basil to garnish

### **Directions**

1. In a large pot, cook the penne pasta to al dente doneness according to package directions. Set aside.
2. In a large skillet, heat the olive oil. Saute the onions until soft. Add the chicken and sauté until almost done.
3. Add the peppers, garlic and mushrooms and cook until the chicken is done. Set aside warm.
4. In the same pan combine the half and half, parmesan, sun-dried tomatoes, salt and pepper.
5. Add the cooked pasta and chicken to the pan. Toss until coated.
6. Garnish with fresh basil.

### **Exchanges per serving:**

3 Lean Meats, 1 Starch, 2 Vegetables

### **Nutrients per serving:**

Calories: 306

Calories from fat: 62

Total Fat: 7g

Cholesterol: 58mg

Sodium: 300mg

Total Carbohydrate: 32g

Dietary Fiber: 2g

Protein: 28g