

Chicken Pasta Fantastica

Serving Size: 1/8 of recipe

Serves: 8

Ingredients

8 – 4oz boneless skinless chicken breasts, julienned

Pinch of salt and pepper

½ pound penne pasta

Pesto Sauce

½ cup extra virgin olive oil

¼ cup pine nuts, finely chopped

1 cup basil, finely chopped

¼ cup parsley, finely chopped

1 clove garlic, minced

2 tablespoons fresh parmesan cheese, grated

1 tablespoon extra virgin olive oil

1 pablano pepper, finely chopped

1 clove garlic, minced

3 cups fresh spinach, julienned

¾ cup sun-dried tomatoes, julienned

Pinch of salt

Pinch of cayenne pepper

Fresh parmesan cheese, grated for garnish

Directions

Season the chicken and set aside refrigerated.

In a large pot, cook the penne pasta to al dente doneness according to package directions. Don't overcook.

Combine the next six ingredients to make a pesto sauce. Mix well and set aside. Recipe will yield about 2 cups of pesto. Use ¾ - 1 cup in this recipe. Store unused pesto sealed in the refrigerator.

In a large skillet, heat one tablespoon of olive oil. Add the chicken, peppers and garlic and sauté until the chicken is done. Add the spinach, sun-dried tomatoes, salt and pepper and cook until the spinach is wilted. Add the pasta and pesto to the pan. Toss until coated. Plate the pasta and vegetables, top with the chicken and garnish with fresh parmesan cheese.

Exchanges per serving:

3 Lean Meats, 1 Starch, 2 Vegetables, 1 Fat

Nutrients per serving:

Calories: 347

Calories from fat: 109

Total Fat: 12g

Cholesterol: 70mg

Sodium: 238mg

Total Carbohydrate: 25g

Dietary Fiber: 2g

Protein: 33g