

- » Nonstick vegetable cooking spray
- » 1 tsp vegetable oil
- » 4 (6-oz) chicken breasts, boneless, skinned
- » 1/2 cup onion, chopped
- » 1/2 cup green pepper, chopped
- » 1/2 cup celery, chopped
- » 2 (14 1/2 -oz) cans stewed tomatoes, sliced
- » 1/2 tsp salt
- » 2 cloves garlic, minced
- » 1/2 tsp dried parsley
- » 1/2 tsp oregano
- » 1 tbsp cornstarch
- » 1/4 cup water
- » 1/4 cup pimiento-stuffed green olives, sliced
- » Fresh parsley sprigs
- » 8 oz angel hair pasta, cooked according to package directions without salt or fat

Nutritional Content

Per Serving

Calories	488 cal	Cholesterol	99mg
Protein	49g	Sodium	737mg
Carbohydrate	51g	Calories from Fat	10%
Fat	6g	Fiber	5g
Saturated Fat	1g		

In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add vegetable oil. When hot add chicken breasts. Cook 3 minutes on each side to brown and add onion, green pepper, celery, tomatoes, salt, garlic, parsley, and oregano. Cover and reduce heat to simmer for 30 minutes or until chicken is cooked through. Mix cornstarch with water and add to skillet, stirring until sauce is thickened. Add sliced green olives and serve over angel hair pasta. Garnish with fresh parsley sprigs. Serves 4.

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