

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

## Nutritional Content

Per Serving

Calories	501 cal	Cholesterol	97mg
Protein	48g	Sodium	734mg
Carbohydrate	52g	Calories from Fat	12%
Fat	7g	Fiber	5g
Saturated Fat	1g		

In a skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add vegetable oil. When hot add chicken breast. 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 20 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 1.