

- » 8 oz fettuccini noodles, cooked according to package directions without salt or fat
- » 2 tsp chicken bouillon granules
- » 1/2 cup water
- » 5 tbsp balsamic vinegar
- » 2 tbsp olive oil, divided
- » 1 tbsp dried basil
- » 1 1/2 tsp dried oregano
- » 1 lb chicken breasts, boneless, skinned, cut into 1" pieces
- » 2 medium onions, each cut into 8 wedges
- » 3 medium zucchini cut crosswise into 1/2" slices
- » 12 medium mushrooms, stems removed
- » 8 large cherry tomatoes
- » 1/2 (13 3/4-oz) can water-packed artichoke hearts, drained, chopped
- » 1/4 cup low-fat sour cream
- » 1/2 tsp salt
- » 1/4 tsp pepper

Nutritional Content

Per Serving

Calories	510 cal	Cholesterol	71mg
Protein	38g	Sodium	615mg
Carbohydrate	58g	Calories from Fat	20%
Fat	11g	Fiber	7g
Saturated Fat	2g		

In a medium bowl dissolve the bouillon granules in 1/2 cup water. Add the balsamic vinegar, 1 tbsp olive oil, basil, and oregano. Set aside. Thread the chicken, zucchini, onions, mushrooms, and tomatoes onto metal skewers, alternating chicken and vegetable pieces. Place in a baking dish. Pour the balsamic vinegar mixture over kabobs. Cover and marinate for 20 minutes (turn occasionally). Transfer kabobs from baking dish to a broiler pan and broil 6 inches from the heat source for 10 to 15 minutes, until chicken is done (turn once under broiler). Toss fettuccini noodles with 1 tbsp olive oil, artichoke hearts, and low-fat sour cream and season with salt and pepper. Serves 4.

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