

Chicken Kabobs with Fettuccini

INGREDIENTS

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

Nutritional Content

Per Serving

Calories	484 cal	Cholesterol	71mg
Protein	38g	Sodium	614mg
Carbohydrate	57g	Calories from Fat	17%
Fat	9g	Fiber	7g
Saturated Fat	2g		

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INSTRUCTIONS

In a bowl dissolve the bouillon granules in 2 tbsp water. Add the balsamic vinegar, 1 tsp olive oil, basil, and oregano. Set aside. Thread the chicken, zucchini, onions, mushrooms, and tomatoes onto metal skewer, alternating chicken and vegetable pieces. Place in a baking dish. Pour the balsamic vinegar mixture over kabob. Cover and marinate for 20 minutes (turn occasionally). Transfer kabob 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 artichoke hearts and low-fat sour cream and season with salt and pepper. Serves 1.