

Chicken and Vegetables with Penne

INGREDIENTS

- » 2 tsp vegetable oil, divided
- » 1 lb chicken breasts, boneless, skinned, cut into 1" pieces
- » 3 cloves garlic, minced
- » 6 green onions, sliced
- » 1 cup mushrooms, sliced
- » 1/2 cup red bell pepper, chopped
- » 2 medium tomatoes, chopped
- » 8 oz penne pasta, cooked according to directions without salt or fat
- » 1/2 tsp salt
- » 1/4 tsp pepper
- » 1 tsp Italian seasoning
- » 1/2 cup crumbled feta cheese
- » 1/2 cup shredded part-skim mozzarella cheese

Nutritional Content

Per Serving

Calories	456 cal	Cholesterol	85mg
Protein	34g	Sodium	626mg
Carbohydrate	47g	Calories from Fat	19%
Fat	10g	Fiber	2g
Saturated Fat	4g		

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INSTRUCTIONS

In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add 1 tsp vegetable oil. Add chicken pieces and cook 4 to 6 minutes until done. Remove chicken from pan. Set aside. Add 1 tsp vegetable oil to the skillet and add minced garlic, green onions, mushrooms, and red bell pepper. Sauté for 4 to 5 minutes until vegetables are tender. Add chicken back and stir in chopped tomatoes. Remove from heat and toss chicken mixture with cooked pasta. Add salt, pepper, Italian seasoning, feta cheese, and mozzarella cheese. Toss and serve. Serves 4.

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