

## Chicken and Vegetables with Penne

## INGREDIENTS

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

### Nutritional Content

Per Serving

Calories	477 cal	Cholesterol	85mg
Protein	34g	Sodium	626mg
Carbohydrate	47g	Calories from Fat	22%
Fat	12g	Fiber	2g
Saturated Fat	5g		

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## INSTRUCTIONS

In a skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add 1/2 tsp vegetable oil. Add chicken pieces and cook 4 to 5 minutes or until done. Remove chicken from pan. Set aside. Add 1/2 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 1.

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