

- » Nonstick vegetable cooking spray
  - » 1 tsp vegetable oil
  - » 4 (4-oz) chicken breasts, boneless, skinned
  - » 1 (10 1/2-oz) can chicken broth, reduced sodium
  - » 1/2 cup onion, sliced
  - » 1/2 cup celery, sliced
  - » 1 tsp dried basil
  - » 1/4 tsp salt
  - » 1/8 tsp pepper
  - » 1 tbsp flour
  - » 2 tbsp water
  - » 1 cup low-fat sour cream
- » 1/4 cup Parmesan cheese
  - » 8 oz fettuccini noodles, cooked according to package directions without salt or fat

## Nutritional Content

Per Serving

Calories	474 cal	Cholesterol	91mg
Protein	39g	Sodium	599mg
Carbohydrate	49g	Calories from Fat	21%
Fat	11g	Fiber	32g
Saturated Fat	5g		

In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add vegetable oil and chicken breasts. Cook 2 minutes on each side until browned. Remove chicken from skillet and set aside. Add broth, onion, celery, basil, salt, and pepper to the skillet. Return chicken to the skillet. Reduce heat and simmer covered for 10 minutes or until chicken is tender and no longer pink inside. In a medium bowl, mix flour with water and add sour cream. Add mixture to the skillet and mix well. Cook over medium heat 5 to 6 minutes until thickened and bubbly. Serve over fettuccini noodles. Sprinkle with Parmesan cheese. Serves 4.