

BOWTIE PASTA WITH CHICKEN, BROCCOLI, & FETA

Keep the Beat: National Heart Lung and Blood Institute

<http://hp2010.nhlbihin.net/healthyeating/recipe/detail.aspx?linkId=1&cId=5&rId=145>

Ingredients

- 1 cup whole-wheat bowtie pasta (farfalle) (8oz)
- 1 Tbsp olive oil
- 1 Tsp garlic, minced (about ½ clove)
- 8 oz white button mushrooms, rinsed and cut into quarters
- 4 cups cooked broccoli florets (or 1 1-lb bag frozen broccoli, thawed)
- 1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- 2 cups low-sodium chicken broth
- 1 medium lemon, rinsed, for 1 tsp zest and 1 tbsp juice (use a grater to take a thin layer of skin off them lemon; squeeze juice and set aside)
- 2 oz reduced-fat feta cheese, diced

Instructions

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add pasta, and cook according to package directions. Drain.
3. Heat olive oil and garlic in a large sauté pan over medium heat. Cook until soft, but not browned (about 30 seconds).
4. Add mushrooms and heat until lightly browned and soft.
5. Add broccoli, diced chicken, and chicken broth. Bring to a boil and simmer for about 3 minutes, until the broccoli and chicken are heated through.
6. Add pasta, and toss gently. Continue to simmer until pasta is hot, about 3-4 minutes.
7. Add lemon zest and juice, toss gently.
8. Serve 2 cups of pasta and sauce per portion. Top each portion with 1 ½ tablespoons feta cheese.

Makes 4 servings. Serving size: 1 cup pasta; 1 cup sauce; 1½ Tbsp feta

Nutritional information per serving (4 servings)

Calories: 421

Total fat: 10g

Saturated fat: 2g

Cholesterol: 65 mg

Sodium: 285mg

Total fiber: 8g

Protein: 36g

Carbohydrates: 49g

Potassium: 697 mg

Vitamin A: 30%

Vitamin C: 140%

Calcium: 10%

Iron: 10%



Wellness Center