



Garlic-Herb Pasta & Chicken

Info:

Makes 4 Servings 365 Calories per Serving

LOW CAL

Ingredients:



- ❖ ½ lb Boneless, Skinless Chicken Breast
- ❖ 8 oz Rotini or Penne Pasta
- ❖ 6 Cloves Garlic, finely minced
- ❖ 1 Tbsp Olive Oil
- ❖ 4 Tbsp Parmesan (Freshly Shredded, not in the green can!)
- ❖ 1 tsp Basil
- ❖ 1 tsp Oregano
- ❖ 1 tsp Parsley
- ❖ 1 tsp Salt

Preparation:



1. Preheat oven to 375°
2. Cook the pasta according to the box directions
3. Bake chicken breast 15 minutes or until no longer pink
4. Chop chicken into ½" x 2" strips
5. In a small bowl mix the parmesan, basil, oregano, parsley and salt
6. Meanwhile sauté minced garlic over medium heat for 1 minute, add chicken strips and sauté about 2-3 minutes
7. In a large mixing bowl combine the olive oil with pasta and chicken
8. Toss the dry mixture in with the pasta and chicken, coat well