



Spicy Red Pepper & Chicken Pasta

Prep: 30 minutes

Cook: 15 minutes • Serves: 4

- ½ (12-ounce) package high-fiber rotini pasta (2¼ cups dry)
- 1 teaspoon extra virgin olive oil
- 1 small yellow onion, diced
- 2 teaspoons minced garlic
- 12 ounces boneless, skinless chicken breasts, cut into bite-size pieces
- 2 cups diced roma tomatoes
- 1 cup diced red bell pepper
- ¼ cup coarsely chopped fresh parsley
- 2 tablespoons coarsely chopped fresh basil
- ¾ teaspoon crushed red pepper
- ½ teaspoon red wine vinegar
- ¼ teaspoon kosher salt
- ½ teaspoon ground black pepper
- ¼ cup shredded Parmesan cheese (optional)

1. Cook pasta according to package directions; drain.

2. Meanwhile, heat oil in large saucepan over medium heat. Add onion and cook 3 minutes, stirring occasionally. Add garlic and cook about 1 minute, stirring occasionally. Add chicken and cook about 6 to 7 minutes or until chicken is cooked through, stirring occasionally.

3. Stir in tomatoes and bell pepper, and let simmer, stirring occasionally, 4 minutes. Stir in parsley, basil, crushed red pepper, vinegar, salt and pepper. Additional crushed red pepper may be added, if desired.

4. Add pasta and toss to coat. Serve immediately topped with cheese, if desired.

Approximate nutritional values per serving: 288 Calories, 3g Fat (9% of total calories), 1g Saturated Fat (3% of total calories), 37mg Cholesterol, 128mg Sodium, 49g Carbohydrates, 8g Fiber, 22g Protein

Dietary Exchanges:

3 Starch; 3 Protein; 1 Fat

This recipe is high in fiber and offers a heart-healthy serving of antioxidant-rich vegetables, and is low in both fat and sodium.