



Chicken Bruschetta Pasta

INGREDIENTS

- 4 oz 100% whole grain pasta (I use Mueller's Angel Hair)
- (2) 5-oz boneless, skinless chicken breasts
- 1/4 tsp dried basil
- 1/4 tsp dried oregano
- 1/2 tsp garlic powder
- 1/2 tsp Italian seasoning
- 2 tsp dried parsley
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 Tbsp minced garlic
- 1 small red pepper, chopped
- 1 small red onion, chopped
- 2 Roma tomatoes, chopped
- 2 Tbsp grated parmesan cheese
- 1/2 Tbsp balsamic vinegar

NUTRITION FACTS

Serves: 2

Amount Per Serving

- Calories 416
- Total Fat 5 g
- Saturated Fat 1 g
- Cholesterol 96 mg
- Sodium 459 mg
- Carbohydrate 54 g
- Dietary Fiber 9 g
- Sugars 10 g
- Protein 43 g
- myWW Blue: 6
- myWW Purple: 1
- myWW Green: 9

DIRECTIONS

INSTRUCTIONS

1. In a small dish, combine the basil, oregano, garlic powder, Italian seasoning, salt and pepper, and sprinkle both sides of chicken. Set aside.
2. Cook pasta according to package directions.
3. While the pasta is boiling, in a medium pan sprayed with cooking spray, saute onion and pepper over medium-high heat for five minutes or until vegetables are tender.
4. Add garlic and tomatoes and cook for one minute or until fragrant.
5. Drain pasta and return to pan, reducing heat to low.
6. Add vegetables to pasta.
7. Stir in parsley, balsamic vinegar, and 1 Tbsp Parmesan cheese.
8. In pan used to cook vegetables, spray with cooking spray and heat pan on medium-high heat.
9. Add chicken breasts and sear for approximately 4-6 minutes each side. (Cooking time will depend on thickness).
10. Remove from heat and let rest for five minutes.
11. Portion pasta mixture into two dishes.
12. Cut chicken into strips and lay across pasta.
13. Top with remaining Parmesan cheese.

This recipe can be found at:

<https://planningushealthy.com/chicken-bruschetta-pasta>

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