

# CHICKEN AND VEGETABLES



# INGREDIENTS

- 9 OZ. FOUR FAMILIES PENNE PASTA
- 1 LB. BONELESS SKINLESS CHICKEN BREAST CUT INTO 1 INCH STRIPS
- 1 TBSP OLIVE OIL
- 2 CUPS BROCCOLI FLORETS
- 1 MEDIUM RED BELL PEPPERS, SLICED INTO STRIPS
- 2 MEDIUM YELLOW SQUASH, SLICED
- 1 14 OZ. CAN NO SALT ADDED SLICED TOMATOES, JUICE DRAINED
- 1/4 CUP WHITE WINE
- 1/2 TSP BASIL
- 1/2 TSP DRIED OREGANO
- 1/4 TSP SALT (OPTIONAL)
- 1/4 TSP BLACK PEPPER
- 1/4 CUP FRESHLY GRATED PARMESAN CHEESE

# DIRECTIONS

1. COOK PASTA ACCORDING TO PACKAGE INSTRUCTIONS OMITTING SALT. DRAIN WATER
2. COAT A LARGE NONSTICK SKILLET WITH COOKING SPRAY. OVER MEDIUM-HIGH HEAT, COOK CHICKEN STRIPS FOR ABOUT 3-5 MINUTES OR UNTIL DONE. REMOVE FROM PAN AND SET ASIDE.
3. ADD OLIVE OIL TO PAN. SAUTE BROCCOLI, RED PEPPERS, AND SQUASH FOR 3-4 MINUTES, ADD TOMATOES, WINE, HERBS, SALT AND PEPPER.
4. COOK FOR 5-7 MORE MINUTES.
5. TOSS CHICKEN AND VEGETABLE MIXTURE WITH DRAINED, COOKED PENNE PASTA. SPRINKLE WITH PARMESAN CHEESE.

