



## Chicken Vegetable Pasta with Pesto or Red Sauce

Serves 8

2 medium zucchini, diced  
3 medium carrots, diced  
3 medium onions, chopped (or frozen chopped onions)  
1 large red pepper, chopped  
1 package frozen broccoli (or 1 head fresh)  
1 lb whole wheat pasta or spaghetti  
1 lb boneless chicken breast, cubed 1"  
 $\frac{3}{4}$  cup pesto sauce (or 1 cup marinara sauce)  
2 tablespoons olive oil

- Sautee onions in 2 tablespoons of olive oil until translucent.
- Add broccoli and carrots and cook on medium for 5 minutes.
- Toss in remainder of vegetables and cook to desired texture.
- Sautee cubed chicken in 2 tablespoons olive oil until cooked all the way through.
- Boil water, add pasta and cook according to package.
- Toss all ingredients together in a large bowl and serve.

Be creative, add or exchange veggies (spinach, sun dried or cherry tomatoes). Frozen vegetables work great too!

### Nutritional information:

#### **Pesto Sauce**

Calories: 460  
Total fat: 15g  
Saturated fat: 3.38g  
Carbohydrates: 54g  
Fiber: 9g  
Protein: 26g

#### **Red Sauce**

Calories: 381  
Total fat: 8g  
Saturated fat: 1.6g  
Carbohydrates: 59g  
Fiber: 9g  
Protein: 24g