



Chicken Vegetable Pasta with Pesto or Red Sauce

Makes plenty with leftovers the next day.

Makes 8 servings

2 med	Zucchini, diced
3 med	Carrots, coined
3 med	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	Chicken breast, cubed 1"
3/4 cup	Pesto sauce (or 1 Cup Marinara sauce)
2 T	Olive oil

- Sautee onions in 2T olive oil until translucent. Add broccoli & carrots and cook on medium for 5 minutes. Toss in remainder of vegetables and cook to desired texture.
- Sautee cubed chicken in 2T olive oil until cooked all the way through
- Boil water, add pasta, 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.

NUTRITIONAL INFORMATION:

Pesto Sauce

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

Red Sauce

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