

Chicken and Vegetable Pasta

Ingredients:

- 2 teaspoons vegetable oil
- 1 head broccoli
- 1 onion
- 2 cloves garlic
- 1 carrot
- 1 celery stalk
- 2 cups boneless, skinless chicken breast, cooked and shredded
- 16 ounces low sodium tomatoes, canned, diced
- 8 ounces spaghetti
- 1/4 cup grated parmesan cheese

Equipment:

- Cutting board
- Knife
- Large nonstick skillet
- Spatula
- Large saucepan
- Strainer
- Measuring cups

Number of Servings: 4
 Prep Time: 25 minutes

Directions

1. Heat oil in skillet on medium high.
2. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise and place the flat side down on the cutting board. Slice across the onion, keeping it together, turn and slice to make. Add to skillet.
3. Place garlic cloves on a cutting board, and lay flat part of knife on top. Use heel of hand and slap knife to break the tough skin of clove. Peel off skin, and chop garlic into small pieces.
4. Wash carrots. Use a grater to shred carrots until 1 1/2 cups have been shredded, add to skillet.
5. Remove broccoli flowers from stalk and chop. Chop up the stalk into bite size pieces, and throw away the tough parts. Add to skillet.
6. Cut off ends of celery and cut into shorter lengths. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Chop into small pieces. Cook vegetables until tender.
7. While vegetables are cooking, prepare pasta according to package directions. Add chicken and tomatoes, cook until heated through, about 5 minutes. Spoon chicken and vegetables over hot pasta. Sprinkle with parmesan cheese.

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Nutrition Facts	
Serving Size: 1 cup vegetables with 1 cup pasta	
Servings: 8	
Amount Per Serving	
Calories 461	Calories from Fat 81
%Daily Value*	
Total Fat 9g	13%
Saturated Fat 2g	12%
Cholesterol 63mg	21%
Sodium 219mg	9%
Total Carbohydrate 60g	20%
Dietary Fiber 8g	33%
Protein 37g	74%
Vitamin A 207%	Vitamin C 271%
Iron 29%	Calcium 21%
*Percent Daily Values are based on a 2,000 calorie diet.	

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